

THE FEMINISM ISSUE

THE NEW RADICAL

CAREY
MULLIGAN
*gets feisty*WINTER
SHOPPINGOUR EDITORS' HIGH-STREET HIT LIST
THE COOL TEXTURES
+ COLOURS

#MOREWOMEN SMARTER TOGETHER. JOIN OUR CAMPAIGN

HAIR
UPDATE
THE NEW
BRAID
EVERYONE
CAN DONOVEMBER 2015
£4.00FASHION'S
KEY PIECES
THE
TROUSER
SUIT
SHEEPSKIN
COAT
SUEDE
SKIRTEXERCISE AND YOU
WHAT'S THE RIGHT
AMOUNT?

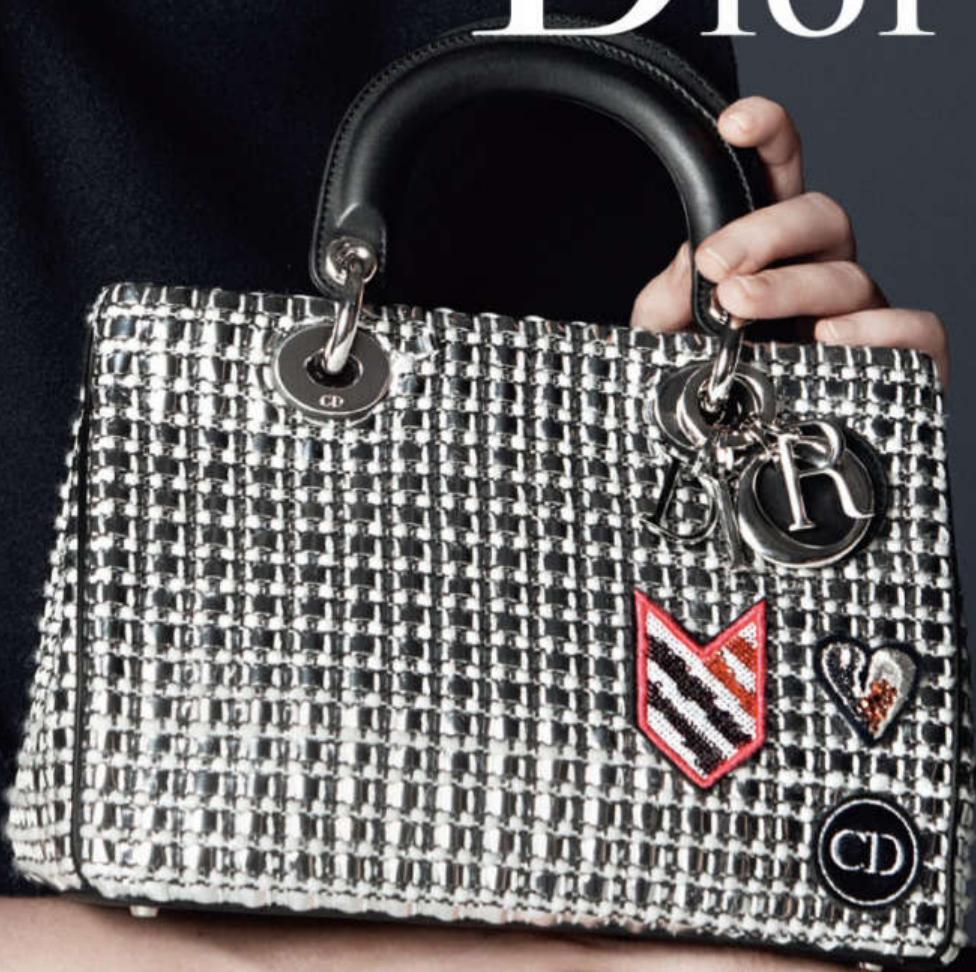




CHANEL



Dior





The spirit of travel.

 Discover more.



LOUIS VUITTON



The spirit of travel.

 Discover more.



LOUIS VUITTON



CHANEL

FINE JEWELLERY

COCO CRUSH

CUFF IN YELLOW GOLD, RINGS IN WHITE OR YELLOW GOLD

173 NEW BOND STREET - LONDON W1
SELFRIDGES WONDER ROOM - LONDON W1 HARRODS FINE JEWELLERY & WATCH ROOM - LONDON SW1
FOR ALL ENQUIRIES PLEASE TELEPHONE 020 7499 0005

PRADA
EYEWEAR







L'INSTANT
CHANEL



SAINT LAURENT

24, RUE DE L'UNIVERSITÉ, 24

PARIS





SUBJECTIVE REALITY

DOWNTOWN TRAFFIC: STACY AND MIA
NEW YORK, NY
STACY MARTIN, MIA GOTH
BY STEVEN MEISEL



MIU MIU
EYEWEAR

BURBERRY



*The NPD Group, Prestige Foundation Value and Unit sales CY 2015. **One 4ml sample per customer while stocks last. www.estee lauder.co.uk © 2015 Estee Lauder Inc.

A black and white photograph of two women. The woman on the left has long, dark, wavy hair and is wearing a dark blazer over a light-colored top. The woman on the right has dark hair pulled back and is wearing a light-colored turtleneck sweater and a blazer. They are both looking towards the camera with serious expressions. The background is blurred, suggesting an urban setting.

ESTEE LAUDER

MAKEUP THAT'S GOING PLACES

NEW
**DOUBLE WEAR
MAKEUP TO GO**

8-hour wear at the push of a button.

Hydrating, luminous, flawless all day.

Innovative compact keeps liquid makeup fresh and spill free.

Press once for a light touch, twice for more coverage.

Take it everywhere.

NEW
Liquid Compact
in 18 Shades



The UK's No.1
Foundation.*
Available in 31 Shades

SHADES FOR ALL SKINTONES
FIND YOURS TODAY WITH A FREE 10-DAY SAMPLE.**



LANCÔME

-ADVANCED-
GÉNIFIQUE
YOUTH ACTIVATING
CONCENTRATE

WHAT MAKES A WOMAN FEEL BEAUTIFUL?
AN EXCEPTIONAL LIGHT CALLED YOUTHFUL AURA.

-ADVANCED-
GÉNIFIQUE

OUR #1 SERUM FOR RADIANT, YOUNGER-LOOKING SKIN. PATENTED UNTIL 2029.



Advanced Génifique is the 1st step of every Lancôme routine.
Prove that beauty has no age, #LoveYourAge

COLLECT YOUR FREE SKINCARE SAMPLES

Visit your nearest Lancôme counter for a free sample
of Advanced Génifique serum and your choice of selected moisturiser.*

LANCÔME
PARIS

*5ml sample of Advanced Génifique serum and choice of one 5ml sample of either Hydra Zen day cream, Visionnaire day cream or night cream, or Renergie Multi Lift radiance lifting day cream. Subject to availability, while stocks last.



Dolce
DOLCE & GABBANA





THE FRAGRANCE FOR WOMEN FEATURING GWYNETH PALTROW.

BOSS
HUGO BOSS

BOSS MA VIE

STRONG. FEMININE. INDEPENDENT.



A close-up, high-angle photograph of a woman's face. She is wearing dark sunglasses with a thin black frame. The brand name 'GUCCI' is embossed on the left temple, and a small 'O' logo is on the right. Her hair is long and dark brown. The lighting is soft, highlighting her skin and the lenses of the sunglasses.

GUCCI

FIRST look



p71

Fashion, beauty, culture

What to see and do this month, all while wearing sheepskin

NOVEMBER

CONTENTS



FEATURES

#MoreWomen

To mark the launch of our new feminist campaign, we introduce you to the girl squads to be inspired by

p185

STREET

South of the river

Forget East London. Brixton is where it's at

p151



p222 Carey Mulligan, star of *Suffragette*, has found her voice. Sit up and take notice



TAKE IT EASY

The humble sweater is your new wardrobe hero. Arizona Muse shows you ways to style it

p230

p275



BEAUTY

Perfect hair every day

Master the plait with our easy, practical guide. Plus, how to glow all winter long

E

L

L

E

CONTENTS NOVEMBER 2015

ON THE COVER

85 **Fashion's key pieces**
Meet the new sheepskin coat. We think you're going to get along

185 **#MoreWomen**
Introducing ELLE's inspiring new campaign. We're stronger together. Join us today

222 **The new radical**
Carey Mulligan, star of *Suffragette*, on finding her voice and rallying the troops

256 **Style for less**
Cool texture, fresh colour. Your high-street winter hit list is here

276 **The new braid everyone can do**
Have great hair every day with these easy plait hacks

303 **The fitness tipping point**
How much exercise is too much? One writer finds out

FIRST look

73 **The new power dressing**
Forget shoulder pads, this is the modern way to wear confidence

98 **Caught by the fuzz**
Meet your new furry friends

101 **How to wear texture**
Your masterclass in this season's most tactile trend

104 **Chained to you**
Uh-oh, there is a new Chanel bag to covet

113 **How to wear**
Step forward, suede skirt. Your time is now

120 **Bright sparks**
Ignite your new-season look with colourful jewels

122 **Wrist candy**
The sweetest timepieces

129 **From the ELLE fashion cupboard**
The trend is: camel

133 **Donna's details**
Playful pins, bum bags and pixelated jewels. These are accessories to have fun in

p244



FEATURES

200 **A beautiful mind**
When an illness tore Susannah Cahalan's world apart, a dress helped her piece herself back together

204 **Heavy mettle**
If you haven't fallen for actor Michael Fassbender's charms already, you will now

211 **How to be food normal**
Because cheese on toast is not the enemy

214 **Girl interrupter**
Emma Forrest on the transformative power of fashion

FASHION

230 **Dream weaver**
The humble sweater and skirt combo has been given an a/w 2015 refresh. Arizona Muse models the trend, then speaks her mind

244 **Hot fuzz**
Fashion has feelings too #weheartshearling

266 **Rebel rebel**
Rebecca Lowthorpe meets the bad boys of New York fashion, Proenza Schouler

270 **The new supermodels**
From Kendall and Gigi to Binx and Mica, these are the new instagirls

STREET

151 **Street style**
Forget East London, fashion's most stylish girls can be found south of the river in Brixton. Shop their look now

165 **Work spy**
Culotte-loving florist Florence Kennedy shares her 9-5 style

173 **Closest confidential**
Studio Nicholson's Nick Wakeman gives us a lesson in minimalism

177 **Workwear**
From relaxed, fluid cuts to sharp tailoring, these are the eight new suits we love

BEAUTY

283 **The youth code**
We've cracked the secret to ageless skin

286 **Beauty index**
The DIY gel manicure

289 **Beauty cupboard**
Dree Hemingway reveals the products she can't live without

291 **The alchemist**
ELLE's Beauty Director on the power of perfume

295 **Guest edit**
Make-up guru Linda Cantello's winter bronzing how-to

296 **Beauty brief**
The new products you need

298 **This girl can**

How to love exercise, even when you can't be bothered

301 **Fit notes**

The kit you'll want to wear

TRAVEL

309 **Peak cool**
Stylish piste-side stays

310 **Welcome to Jamrock**
A relaxing, restorative honeymoon in Jamaica

314 **Hot hotel**
Le Bristol Paris

REGULARS

40 **Elleuk.com**
We're online 24/7

54 **They made this**
Our November contributors

60 **Astro**
Your stars

328 **Address book**
Fashion and beauty listings

329 **Become an ELLE Insider**
Year-round treats for you

330 **Final say**
Milliner Stephen Jones

THE COVERS



On the Carey cover: Photography: Kerry Hallahan. Styling: Alison Edmond. Hair: Mara Roszak at Starworks Artists for L'Oréal Paris. Make-up: Georgie Eisdell at The Wall Group. Manicure: Sheril Bailey at Jed Root. Set design: Véronique Zanettin. On-set production: Urban NYC. Filmographer: Optic Films at The Magnet Agency. With thanks to: Pier 59 Studios. The team stayed at The Soho Grand (sohograd.com). Carey wears: Wool jacket and matching trousers, Stella McCartney. Leather shoes, Christian Louboutin. Metal ring, Allison Bryan. Skin: Fusion Foundation in BR20, £15.00. Les Sahariennes in Fauve, £21. Eyes: Luxurious Mascara Waterproof in Burnt Brown, £25. Couture Variation Palette, £49. Dessin Des Soucis in Ash, £20. Lips: Rouge Pur Couture in Rose Bergamasque, £26. All YSL Beauty. On the Arizona cover: Photography: Kerry Hallahan. Styling: Anne-Marie Curtis. Hair: Lok Lau at CLM Hair & Make Up at Kiehl's. Make-up: Kirstin Piggott at Julian Watson Agency for Rimmel London. Location Manager: Paul O'Grady at Norfolk Productions. Filmography: Adam Gichie at Image & Picture. With thanks to: Holkham Beach (holkham.co.uk). Arizona wears: Wool jumper, Stella McCartney. Cotton body, Falke. Published 1 October 2015

Our light bulb moment.

If a woman can do at least four things at once, her skin care should too.

Improves skin's appearance to Smooth wrinkles. Even skin tone. Lift. Brighten.

81% of women agreed Clinique Smart™ Serum made their skin look younger. New: all the benefits of the serum now for eyes in a gel-cream that helps boost skin's moisture so it stays hydrated, appears more youthful.

Clinique Smart™ Custom Serum and New Eye Treatment

*156-woman consumer test.

New for eyes



**clinique
smart
custom
serum**



**clinique
smart
custom
eye treatment**

CLINIQUE

Allergy Tested. 100% Fragrance Free.

A person wearing a hat and jeans, sitting on a bench, looking at an open book.

Chloé

152-153 SLOANE STREET
LONDON SW1X 9BX
CHLOE.COM



DKNY



PETER LINDBERGH, 1994



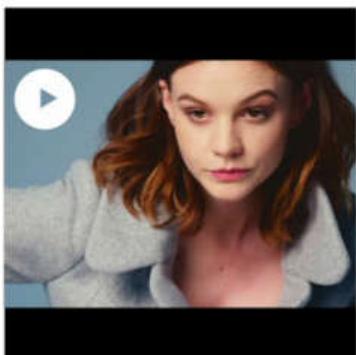
TIFFANY & CO.

NEW YORK SINCE 1837

TIFFANY INFINITY



ELLEUK.COM



NOW TRENDING

GET EXCLUSIVE,
BEHIND-THE-SCENES
ACCESS TO ALL OUR
COVER-STAR SHOOTS



@ELLEUK

CELEBRITY

INSIDER PICS FROM
THE A-LIST AND SMART
TAKES ON POP CULTURE



STREET STYLE

WHAT ELLE
WEARS: UNMISSABLE
STYLE ADVICE



#ELLEFIT

WORK OUT WITH
THE EDITORS AT OUR
@ELLEFITTEAM
EVENTS



SHOPPING

HIGH-STREET HEROES:
THE BEST PIECES
IN STORE NOW

@ELLEUK

BEAUTY

SPRING/SUMMER
ESSENTIALS:
THE NEW PRODUCTS
WE SWEAR BY



WEDDING

REAL BRIDES,
STYLE INSPIRATION,
SAMPLE SALES
AND MORE

FACEBOOK.COM/ELLEUK

LOG ON
AND
JOIN US
NOW

7 MILLION FANS AND COUNTING...



DOLCE & GABBANA

#ATRIBUTE

40 YEARS OF ARMANI

ARMANI.COM/ATRIBUTE

AR 7405

EMPORIO  ARMANI

Subscribe to ELLE



JUST £10 FOR
6 ISSUES OF ELLE*
+ FREE ILLAMASQUA
MATTE VEIL PRIMER AND
LIPSTICK IN EURYDICE
WORTH £51.50



FREE Illamasqua Matte Veil and

Lipstick in Eurydice **worth £51.50**

Only **£1.66 per issue** for your first six issues
(usual price £4)*

SAVE 58% on newsstand price

PLUS! Receive **exclusive** subscriber-only
offers with the ELLE Insider loyalty club

TO SUBSCRIBE, VISIT

elleuk.com/subscribe to elle
or call 0844 848 1601 and quote reference **IESI0666**

Terms and conditions: Offer valid for UK subscriptions by Direct Debit. Closing date 28th October 2015. *After your first six issues, your subscription will run at the low rate of £15 every six issues thereafter unless you are otherwise notified. Subscriptions may be cancelled by providing 28 days' notice. Free gift available for the first 250 orders only, if we run out of this gift you may be offered another gift of a similar value. The normal cost of 12 issues of ELLE is £48 based on a basic cover price of £4. Allow 28 working days for delivery of gift. You will be advised of commencement issue within 14 days. This offer cannot be used in conjunction with any other offer. For overseas rates visit hearstmagazines.co.uk or call 00 44 1858 438794. Lines open weekdays 8am-9pm and Saturdays 8am-4pm.



PIAGET

Piaget concierge : 0800 279 51 10

DISCOVER THE POSSESSION EXPERIENCE ON POSSESSION.PIAGET.COM

PIAGET BOND STREET
169 New Bond Street, London

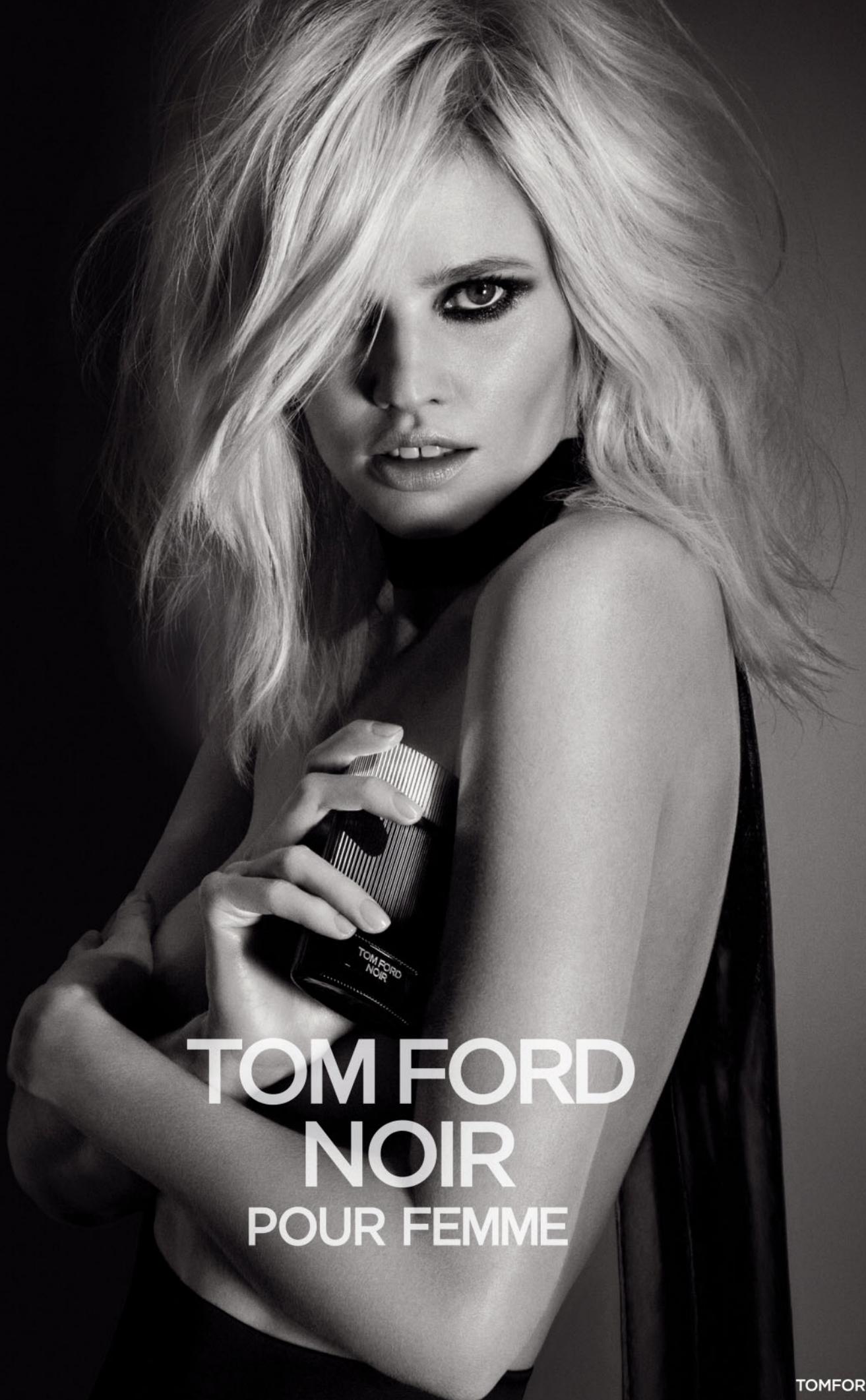


- Possession Collection -
Turning rings

PIAGET HARRODS
Knightsbridge, London



THE NEW NOIR FRAGRANCE FOR WOMEN



**TOM FORD
NOIR
POUR FEMME**



*Brushing test on bleached hair with classic shampoo + Booster Reinforcing + Concentré Vita-Ciment vs classic shampoo alone.

KÉRASTASE

PARIS

FIND YOUR PERFECT MATCH.
PROFESSIONAL RITUAL
TAILOR-MADE TO YOUR NEEDS

NEW
FUSIO-DOSE™

Our 1st* system of targeted care freshly
fused in real time by your hairdresser.
Hair is stronger,* looks shinier,
smoother and feels thicker,
softer, as if transformed.

#MYHAIRTRANSFORMATION
EXCLUSIVELY IN SELECTED SALONS



Find your nearest salon
at kerastase.co.uk



GUCCI

TIMEPIECES

DIAMANTISSIMA COLLECTION

SWISS MADE

TEAM ELLE

PRINT / ONLINE / TABLET / MOBILE

ELLEUK.COM

#ELLEFASHIONCUPBOARD

FASHION

fashion@elleuk.com

Executive Fashion Director
Kirsty Dale @kirstydale
Senior Fashion Editor
Michelle Duguid @michelle_duguid1
Contributing Fashion Editors
Joanne Blades, Alison Edmond, Grace Cobb,
Natalie Wansbrough-Jones
Market & Retail Editor
Harriet Stewart @harrietstewart1
Fashion Production & Bookings Editor
Rosie Bemandi @RosieBemandi
Accessories Editor
Donna Wallace
Fashion Features Writer
Emma Sells @EvySells
Fashion Assistants
Billie Bhateria @billiebhateria
Felicity Kay @Felicity_Kay
Fashion Interns
Amanda Arber @AmandaArber
Jazzria Harris
Emi Papanikola @emip26

PHOTOGRAPHY

photography@elleuk.com

Picture Editor Picture Editor:
Lara Ferros @LaraFerros
Multimedia
Sunil Makani @sunile086

CONTRIBUTING EDITORS

Michelle Bobb-Parris
Edith Bowman
Grace Campbell
Muireann Carey-Campbell
Scarlett Curtis
Johnny Davis
Robyn Exton
Ellie Gellard
Anna James
Laura Jackson
Alice Levine
Kerry Potter
Daisy Sands
Anna Smith



SPECIAL THANKS

Olivia Blair
Natalie Egling
Lexi Henderson
Roisin Kay
Jazmin Koptosha
Henry Lloyd
Julia Neel
Catherine Pykett
Nicola Sanders
Libby Scarlett
Rosie Williams
Robin Wilks

Editor-in-Chief
Lorraine Candy

@LorraineELLE

Editor-in-Chief's PA/Editorial Assistant
Gillian Brett @gillian_ELLE

Creative Director
Suzanne Sykes @Suzannesykes25
Fashion Director
Anne-Marie Curtis @amcELLE
Deputy Editor
Lotte Jeffs @LotteJeffs
Content Director
Alice Wignall @alicewignall
Acting Content Director
Kenya Hunt @kenyanhunt
Beauty Director
Sophie Beresiner @i_love_lipstick
Assistant Editor
Rebecca Lowthorpe @Rebecca_ELLE
Entertainment Director (US)
Lisa Hintelmann
Head of Editorial Business Management
Debbie Morgan @Deb_ELLE

#ELLEBOOKCLUB

FEATURES & CULTURE

features@elleuk.com

Travel & Lifestyle Director
Susan Ward Davies @ELLETravelEd
Culture Director Senior Commissioning Editor
Lena de Casparis Hannah Swerling
@lenadecasparis @HannahELLEUK

@ELLEBEAUTYTEAM

BEAUTY

Contributing Beauty Correspondent
Natalie Lukaitis @natlukaitis

ART
art@elleuk.com

Art Director
Miette L. Johnson @MietteLJ
Deputy Art Director
Lisa Rahman @lisarahman

COPY

Chief Sub-Editor/Production Editor
Fern Ross @fern.ross
Acting Deputy Chief Sub-Editor
Maggie Wicks

WANT TO INTERNS AT ELLE?

To apply for an internship,
email your CV to
recruitment@hearst.co.uk

@ELLEUK

@ELLEFITTEAM

@ELLEUK

PHONE US 020 3535 9120

EMAIL US elleexperience@elleuk.com
facebook.com/ELLEuk
elleuk.com

#ELLEFIT

ELLE 360

ELLE CREATE

Group Director: Create
Rhiannon Thomas 020 7439 5202
Director: Create
Rashad Braimah 020 7439 5399
Account Manager: Create
Jane Kelly 020 7439 5106
Art Director: Create
Tanja Rusi 020 7439 5374
Art Editor: Create
Leo Goddard 020 7439 5583
Project Managers: Create
Richard Adams 020 7534 2596
Danielle Falco-Grimshaw
020 7439 5617

HEARST LUXURY MARKETING

Marketing Director
Jill Rudnick 020 3535 9175
Head of Experience
Rachel Hughes 020 7439 5922
Brand Marketing Manager
Aoibheann Foley

CIRCULATION

Circulation & Marketing Director
Reid Holland
Head of Marketing Operations
Jennifer Smith
Head of Consumer Sales & Marketing
Bianca Lloyd-King 020 7439 5611
ELLE Insider Marketing Manager
Natasha Bartman 020 7439 5450
Senior Marketing Executive for Acquisitions
Tilly Michell
Head of Digital Marketing
Seema Kumari
Senior Customer Marketing Executive
Alice Taylor
Production & Procurement Director
John Hughes 020 7439 5200
Group Production Manager
Steve Osborne 020 7439 5414

Publisher
Jacqui Cave 020 7439 5273
PA to Publisher
Charlotte Rottenburg
charlotte.rottenburg@hearst.co.uk
Associate Publisher
Jayne Ellis 020 7439 5680
Associate Publisher, Fashion & Luxury
Lee Brown 020 7439 5118
Advertising Director
Emma Spickett 020 7439 5418
Fashion & Luxury Goods Manager
Kat Brown
Digital Advertisement Manager
Elena Ostrowska 020 7534 2534
Senior Advertising Executive
Nadia Musa 020 7439 5462
Gabriella Comet 020 7439 5615
Digital Account Managers
Kate Clout 020 7439 5413
Shannon Hollis 020 7439 5506
Regional Office
Danielle Sewell 0161 962 9254
Director of Hearst Magazines Direct
Cameron Dunn 020 7927 4699

HEARST MAGAZINES INTERNATIONAL

President/CEO
Duncan Edwards
Senior Vice President/CFO
Simon Horne
Senior Vice President/International Publishing Director
Jeannette Chang
Senior Vice President/Editorial Director
Kim St Clair Bodden
Executive Director, Editorial
Astrid O. Bertoncini
Creative Director
Peter Yates

LAGARDÈRE ACTIVE

ellearoundtheworld.com
CEO Lagardère Active
Denis Olivennes
CEO ELLE France & International
Constance Benque
CEO ELLE International Media
Licenses François Coruzzi
Brand Management of ELLE
Françoise-Marie Santucci
SVP/International Director of ELLE
Valeria Bessolo Llopiz
SVP/Director of International Media Licenses, Digital Development & Syndication
Mickael Berret
ELLE International Productions
Charlotte Deffe, Virginie Dolata
Deputy Syndication Team Manager
Pauline Caron
Syndication Coordination
Marion Magis
Copyrights Manager & Digital Syndication
Séverine Laporte

LAGARDÈRE GLOBAL ADVERTISING

CEO Claudio Piovesana
claudio.piovesana@lagardere-active.com

Lagardère Global Advertising
124 rue Danton, 92300 Levallois-Perret, France

ELLE (UK) is published by Hearst Magazines UK, the trading name of the National Magazine Company Ltd, 72 Broadwick Street, London W1F 9EP. Registered in England 112955. All rights reserved. The ELLE trademark and logo is owned in Canada by France-Canada Editions et Publications, Inc. and in the rest of the world by Hachette Filipacchi Presse (France), each Lagardère Active Group companies. ELLE and ELLE Decoration are used under licence from the trademark owners. **CONDITIONS OF SALE AND SUPPLY:** ELLE shall not, without the written consent of the publishers first given, be lent, resold, hired out or otherwise disposed of by way of trade except at the full retail price of £4, and it shall not be lent, resold, hired out or otherwise disposed of in a mutilated condition or in any unauthorised cover, by way of trade, or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever. MSS and illustrations are accepted on the understanding that no liability is incurred for safe custody. All characters in any story published are purely imaginary, and no reference or allusion is intended to apply to any living person or persons. ELLE is fully protected by copyright, and nothing may be reprinted wholly or in part without permission. **HEARST MAGAZINES UK ENVIRONMENTAL STATEMENT:** All paper used to make this magazine is from sustainable sources in Scandinavia, and we encourage our suppliers to join an accredited green scheme. Magazines are now fully recyclable. By recycling magazines, you can help to reduce waste and add to the 5.5 million tonnes of paper already recycled by the UK paper industry each year. Before you recycle your magazine, please ensure that you remove all plastic wrapping, free gifts and samples. If you are unable to participate in a recycling scheme, then why not pass your magazine on to a local hospital or charity? For back issues, go to hearstmagazines.co.uk/category/elleissues



IMPERIALE
Chopard

ROSAMUND URWIN

Londoner Rosamund is a columnist at the *Evening Standard*. She has interviewed many amazing women during her career so far, including Melinda Gates: 'I flew to Seattle for a 30-minute chat with her. That's about 159 miles travelled for every minute of talking. But it was worth it: her charitable foundation does incredible work empowering women.' Rosamund interviews our cover star Carey Mulligan on p222.

#ELLEBookClub pick:
Anna Karenina
by Leo Tolstoy

 @ROSAMUNDURWIN



SUSANNAH CAHALAN

Susannah is a journalist at the *New York Post* and author of memoir *Brain On Fire*. 'I don't know what I'd do if I couldn't write,' she says. Her best friend says she's 'good for counsel on anything from heartache to why you need that A.P.C. dress'. Susannah lives in Jersey City with her boyfriend and her dog, Gus. Read about how a dress helped her to rediscover her sense of self after suffering from a devastating illness on p200.

#ELLEBookClub pick:
Wondering Who You Are
by Sonya Lea

 @SCAHALAN

#ELLEINSPIRE

'It's so weird being my own role model. I recommend it'

- MINDY KALING

GRACE COBB

'Quite controlling but very polite' is how London-based stylist and ELLE Contributing Fashion Editor Grace describes herself. Her party trick is drunken eurythmy (expressive movement) and she'd like a 'Nineties Sherilyn Fenn' to play her in the film of her life. Grace styles winter shearling on p244.

#ELLEBookClub pick:
Brideshead Revisited
by Evelyn Waugh

 @GRACECOBB_



KERRY HALLIHAN

Photographer Kerry was born in Jacksonville, Florida, but grew up in LA. She started taking pictures at 14, inspired by 'the way objects become mysterious when bathed in sunlight', then studied photojournalism at Boston University, where she also rowed competitively. She says she's 'determined, intense, resilient, loud and loyal', and overuses the words 'technically' and 'honestly'. This month, Kerry shot Arizona Muse - see her work on p230.

#ELLEBookClub pick:
Gaston
by Kelly DiPucchio

 @KERRYHALLIHAN

BEAUTY SCHOOL

Learn how to create the perfect braid in two minutes or so (p276), and keep your skin fresh-faced forever (almost!) on p283. Plus, how to find the motivation to exercise when you just can't be bothered, on p298.

WHAT ELLE WEARS

From the editors to the interns, see what we wear to work every week. Visit elleuk.com/street-style and let Team ELLE show you how to style the trends.

ELLE

THEY MADE THIS

NOVEMBER 2015



SHOP IT
See what Team ELLE are buying now. Log on to elleuk.com/fashion





MICHAEL
MICHAEL KORS

MICHAELKORS.COM

CHAUMET

PARIS



Joséphine Collection

Aigrette Impériale Ring

174 New Bond Street • Harrods, The Fine Jewellery Room • Selfridges, The Wonder Room
London

For all enquiries: 0207 495 6303

NOVEMBER

#MOREWOMEN

I am proud to present our third annual Feminism Issue. We've worked very hard on this at ELLE, because it's a subject we feel incredibly passionate about as a team. This year has seen an impressive shift in attitudes towards women and equality. It's been heart-warming to witness the positivity of all the new global projects demanding a fairer world for us (and our daughters). And it seems the female voices around this topic are getting louder and more influential. We're happy to be a part of that noise as the fashion magazine with strong opinions about all areas of your stylish life.

In this Feminism Issue, we celebrate the power of women working together. It's a simple concept but one that can have real impact. Which is why we have put the star of the groundbreaking new film *Suffragette* on our cover.

Carey Mulligan shines in this acclaimed movie about women's fight for the vote. Directed by Sarah Gavron and written by Abi Morgan, *Suffragette* is the sometimes shocking story of the struggle women faced in the late-19th and early-20th century to have a say in how the country was run. Please see it. It's tough to watch at times - remember the suffragettes were militant activists. Many believed in violent protest and extreme measures, and as a result they were persecuted and abused by those in authority - several nearly starved to death in prison while on hunger strike. But without their heroic commitment, we would not have the vote today.

I find it hard to believe that we didn't get the vote until 1928. *Suffragette* is a film that has taken many years to get made because of the nature of the tale. It shows how women from every walk of life recognised one cause and worked together to achieve their goal, which in many ways is what is happening today.

Take the case of Emma Sulkowicz, a Columbia University student who vowed to carry a mattress on her back until the student who she accused of raping her was expelled. She attended her graduation with it, her girlfriends helping her carry the load across the stage. Sulkowicz's actions, in a

country where one in five women are the victim of an assault or attempted assault at university, didn't just mobilise the women within her immediate circle to call out the silence on this issue - women all over the world rallied together to support her.

And I feel it is every woman's responsibility to do what she can within her world to make the whole world a more equal place. Which is why we are raising the debate around feminism for the third year in a row. If you look at the facts we've compiled for our must-read #MoreWomen feature (p185), you'll understand why we still need to campaign around issues such as equal pay and a more supportive judiciary for women who are sexually and physically abused. I think this is only possible if we work together.

You know as well as I do that life is so much better when the women around you - be they friends, relatives, colleagues or mentors - have got your back. I have only survived and thrived through my career, and through motherhood, because of the women I know. I am wary of the phrase 'girl squad' because I think it could imply that only certain people can belong, that you may somehow be disqualified if you don't look or behave a certain way, and that isn't right. But I do believe in women working together in a more inclusive way. If you want to call that a squad, then power to you.

So we are asking our influencers - and you - to highlight the growing power of women and their squads, teams, collectives or 'families'. We want you to add your voice with a visible online pledge (see left for details). Then follow us on Twitter @ELLEUK as we grow the campaign globally.

Lorraine

LORRAINE CANDY EDITOR-IN-CHIEF



2013



2014



2015

JOIN US!

PLEASE POST A
PHOTO OF YOU WITH
YOUR MOST POWERFUL
GROUP OF WOMEN ON
INSTAGRAM, TWITTER
AND/OR FACEBOOK
ALONG WITH THE
FOLLOWING PLEDGE:
'ONE WOMAN'S SUCCESS
MAKES EVERY WOMAN
STRONGER.
MORE WOMEN
#MOREWOMEN
#ELLEFEMINISM.'

VALENTINO



VALENTINO

DONNA

THE NEW FEMININE FRAGRANCE



#HOROSCOPE

discover your destiny & your month ahead

Forecast: The Saturn Sisters

Stefanie Iris Weiss

and **Sherene Schostak**

It's your birthday, Libra!



SCORPIO

24 OCTOBER – 22 NOVEMBER

Your month to: Reflect

You won't find the answers you seek in other people, places or things - look within. Your past reveals major truths about your future during the first 10 days of October. Near the new moon on the 12th, find time for meditation or yoga. When the full moon hits on the 27th, you're thinking about relationships again. **Date for your diary:** 23rd Make it a birthday month.

SAGITTARIUS

23 NOVEMBER – 22 DECEMBER

Your month to: Make up

The first week of October is a veritable madhouse, especially when it comes to your social life. By the new moon on the 12th, you get an opportunity to set things right with a friend you've had a misunderstanding with. Making up will bring you closer than ever. **Date for your diary:** 17th You're a strong force; no one can refuse you at work.

CAPRICORN

23 DECEMBER – 20 JANUARY

Your month to: Take leaps

You're moving up fast this month. Early October might feel messy and chaotic, but the new moon on the 12th boosts your professional life. Network before and after this essential date. By month's end your mind turns to romance - work deadlines be damned. **Date for your diary:** 10th Solve a relationship riddle and then enjoy your weekend.

AQUARIUS

21 JANUARY – 19 FEBRUARY

Your month to: Join the jet set

Travel fever seizes you this month. You're a bit obsessed with where to go and how to get there, however awry your

plans might go before the 9th. By the 12th, the new moon invites you to step into your long-distance future: make plans now for the next six months, and they'll stick like airport tarmac under the hot holiday sun.

Date for your diary: 6th

Don't ignore your lover's needs.

PISCES

20 FEBRUARY – 20 MARCH

Your month to: Let lust rule

Lead with your libido this month; there's no way to avoid a confrontation with your desires, even if they make you uncomfortable. Past lovers may have popped up late last month and that trend could continue through the first week of October. You can set your sex life on track near the new moon on the 12th - seek what you want, guilt-free. **Date for your diary:** 22nd Use charm to seal those deals.

ARIES

21 MARCH – 20 APRIL

Your month to: Fall in love

You're consumed by your relationships this October, but watch out for communication hurdles during the first week of the month. After the new moon on the 12th, you can reboot your love life - whether you're single or attached. With the full moon on the 27th, your finances hit a perfect peak, taking your mind off partnership issues for a bit. **Date for your diary:** 11th Do yoga to relieve stress.

TAURUS

21 APRIL – 21 MAY

Your month to: Hit the gym

October slowly builds to a life-altering crescendo at the end of the month - an outcome you've been craving. In the meantime, the new moon on the 12th provides opportunities to get ahead at work. Double down on your fitness regime and you'll be at your peak by 2016. **Date for your diary:** 14th Relationships rule today.

LIBRA

24 SEPTEMBER – 23 OCTOBER

Your month to: Make it all happen at once

As October's official birthday sign, you've got it going on this month, Libra. Clarity and purpose arrive after the 10th, setting you free from fear and self-criticism. The new moon is in your own sign on the 12th, crowning you the 'It' girl on everyone's VIP list. Now, write down everything you want to manifest in the next six months.

Date for your diary: 2nd

Get outta town: you're seriously craving a weekend trip.

READ IT

To find out what your stars hold every day, check out elleuk.com/daily

GEMINI

22 MAY – 21 JUNE

Your month to: Be playful

There's so much pleasure and romance coming your way this month that you might not be able to keep up. September's communication glitches turn into October's triumphs as you resolve conflicts with both lovers and friends after mid-month. Plus, the new moon on the 12th sweetens your love life.

Date for your diary: 8th

Life improves from now.

CANCER

22 JUNE – 22 JULY

Your month to: Take it easy

October promises to be a comforting month, but it will still be challenging. You're craving security, especially near the new moon on the 12th - focus on your loved ones. Mid-month, there's a powerful, positive cosmic shift, allowing you to express feelings you've bottled up. **Date for your diary:** 15th Love is in the air right now.

LEO

23 JULY – 23 AUGUST

Your month to: Say it loud

Money is your motivation this October, but you must be clear on communication around the new moon on the 12th. Get your facts straight so you can speak your mind. The full moon on the 27th is mega-fabulous for your career.

Date for your diary: 30th

Halloween starts a day early.

VIRGO

24 AUGUST – 23 SEPTEMBER

Your month to: Work it, girl

You'll be receiving a lot of attention, which will baffle you, but don't stress. Instead, pour all your energy into making money, because the stars are supporting your finances. Everything makes more sense mid-month - and your bank balance is especially favoured by the new moon on the 12th. The full moon on the 27th stokes your wanderlust. **Date for your diary:** 25th Be confident of your prowess.



paco rabanne

The new fragrance for her





Dress
119.99

05.NOV.2015
In selected stores & online,
hm.com/balmain
#HMBALMAINATION



BALMAIN

PARIS

H&M



Dress
14.99

Shop at hm.com



H&M



SALONIST™

DIMENSIONAL COLOUR THAT RIVALS THE SALON

TREATS ROOTS THEN LENGTHS
SEPARATELY AS DONE IN SALONS



RATED FOR GREY COVERAGE & SHINE*

*MOST COMMON RATING AMONG 531 WOMEN ON supersavvyme.co.uk - 21/05/2015.
SOME WOMEN PROVIDED WITH PRODUCT. MODEL WEARS 5/3 MEDIUM GOLD BROWN.



100% GREY COVERAGE



#ELLECAREY

Carey Mulligan

THE COVER BY NUMBERS

WOMAN OF THE MONTH

LAURA PANKHURST



@LAURA_PANKHURST

Laura Pankhurst, 20, is the great-great granddaughter of Emmeline Pankhurst, and the great-granddaughter of Sylvia Pankhurst, two of the leading women in the Suffragette movement. Laura studies law at Cambridge, and is continuing her family legacy by campaigning for women's rights and equality alongside her mother, Dr Helen Pankhurst

I would definitely be a feminist, even if I wasn't a Pankhurst.

But being a Pankhurst means I have a voice and that people will listen. Because of that, I want to ensure that I make a difference by using that voice to encourage discussion and raise awareness of the gender-based and other injustices that still exist, both in the UK and internationally.

I went to my first feminist events before I could walk. There are pictures of me as a baby in my mum's arms, in front of my great-great-grandmother Emmeline's statue. Today, we continue to walk together in the annual CARE International Walk In Her Shoes campaign, to mark International

Women's Day. Its work focuses on women in the poorest countries who lack water facilities and proper sanitation.

Social media is the new campaigning tool. That's how most people find out about campaigns, marches and demonstrations. It's also how I communicate with my mum, who lives in Ethiopia (where she was born and brought up), so it plays a big role in my life.

I've always known I had to make a difference. I want to affect change on an individual level, with my future legal clients and their families, but I'd also like to make a more overarching impact with my campaigning. I want to see 50% of all politicians being women (it's currently around a third). I also want truly equal pay, and cultural and institutional sexism gone. This can be done through a combination of methods, from taking to the streets and demonstrating, to online petitions.

My advice is to find your fight. Everyone's fight will be different and it won't necessarily be obvious to you where your strengths and passions will lead you. But identifying the area you want to change is the most important thing to do. I'm still very young and I'm looking for my own fight, but I'm really excited to get on with it.

THE COVER-SHOOT PLAYLIST
You Don't Own Me by Lesley Gore
Run The World (Girls) by Beyoncé
Bad Reputation by Joan Jett



HEAR IT To listen to the songs from the shoot, follow ELLEUK on Spotify



86 pieces of jewellery from designers such as Rachel Boston and Phoebe Coleman.



1 teddy-bear coat that Carey fell in love with. MaxMara, you've created our hero cover-up.



1 breathtaking skyline. New York, you get us every time...



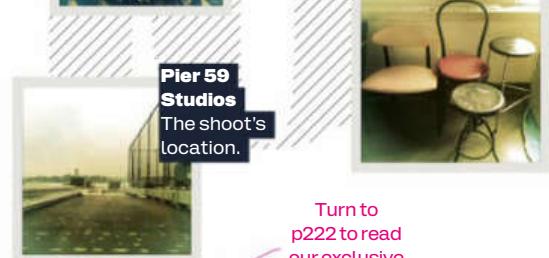
8 looks, including Dolce & Gabbana (top) and Stella McCartney.



43 pairs of brogues, by the likes of Robert Clergerie and Jimmy Choo.



10 post-modern chairs.



Pier 59 Studios
The shoot's location.

Turn to p222 to read our exclusive interview with Carey





diesel.com

*no military
experience
required*

DIESEL



BVLGARI
ROMA



LVCEA

See it ➤ love it ➤ shop it ➤ share it

POWER UP!
This issue we show
you how to master
the new textures and
face winter's big chill
in the most powerful
way possible.

FIRST
look

PETER PILOTTO





BVLGARI
ROMA

LVCEA



Forget shoulder pads. Fluid shapes and flat shoes are the modern way to project your confidence

Words by **Emma Sells**

GUCCI

Remember when power dressing meant huge shoulder pads and over-tailored skirt suits? When, to show that you meant business, you had to pull on towering heels and 15-denier tights, blow-dry your hair and channel Melanie Griffith in *Working Girl*? Doesn't that feel terribly try-hard and dated? These days the most badass, busy women (yes, that means you) demonstrate their power and all-round awesomeness through stealthily confident dressing, and their wardrobes have loosened up accordingly. Gone is the cinched-in, buttoned-up, severe silhouette, and in its place are relaxed, beautifully functional clothes.

Designers such as Phoebe Philo, Stella McCartney and Clare Waight Keller (notably all female) are spearheading quietly brilliant, minimal-fuss power clothes. Sounds obvious, doesn't it? But it feels revolutionary, not least because this sea change has extended to our feet. Heels have



Photography: Sean Cunningham for Jason Lloyd-Evans, Armando Grillo for Imaxtree, Jason Lloyd-Evans, Anthea Simms

The Eccentric



The new

POWER DRESSING

become a novelty, reserved for special occasions. Flats now come in every permutation: trainers, brogues, slides, even fur-lined loafers (thank you, Gucci's Alessandro Michele).

So how to approach the new power dressing? First up there's the boldly coloured fluid femininity nailed by Phoebe Philo's Céline: simple knit dresses, mid-length skirts, flowing trousers and perfect tunics, all worn with pristine white trainers and a leather tote big enough to stash your laptop. This woman radiates confidence.

Alternatively use the boy/girl, gender-fluid Gucci collection as inspiration. The strength of this look comes from its vintage-inspired eccentricity, its take-me-as-I-am attitude. Filled with louche silk blouses, trouser suits and masculine military coats, it's brimming with unexpected colours and off-kilter details.

Finally, why not try the undiluted androgyny of Margaret Howell, Michael Kors and Hermès. True, it's a more expected riff on power dressing than the Gucci approach, but there's a reason that borrowed-from-your-boyfriend suits, buttoned-up shirts and school sweaters, all in muted, understated colours, have endless appeal. Life's too short to spend your mornings worrying about what works with what, so a uniform that mixes practicality and comfort, and looks great in one easy step, is a no-brainer.

Whatever iteration you choose, there's nothing quite like being able to stride with confidence in clothes that make you look - and feel - like you can take on the world. ▶

MARGARET HOWELL

**FIRST
LOOK**

THE
TREND





1



2



3

1. Velvet dress, £1,036, Tata Naka.
2. Wool jumper, £140, Sessun. 3. Leather trainers, £59.95, Massimo Dutti.
4. Neoprene jacket, £38, Dorothy Perkins.
5. Zinc-mix earrings, £9.99, Zara. 6. Silk skirt, £345, Sofie D'Hoore. 7. Wool-mix skirt, £155, Marc Cain. 8. Silk top, £129, Hobbs



STELLA McCARTNEY



9



DKNY



8



7



10



11



CELINE

9. Leather and wool bag, £178, AllSaints.
10. Leather trainers, £55, Reebok. 11. Wool-mix trousers, £185, The Kooples.
12. Leather bag, £49, Kin by John Lewis. 13. Acrylic top, £28, Topshop



12



13



SALVATORE FERRAGAMO

The New Boss

Clever clothes that do all the work for you? Yes, please

The look: Concise shapes, primary blocks of colour and go-faster shoes. She is, of course, channelling our favourite power label, Céline.

Why it's the new power dressing (PD): Who doesn't want a wardrobe stuffed with easy, reliable, modern clothes?

How to wear it now: Grab a skinny polo neck and a below-the-knee skirt, add a sleek trainer, and you're ready to go. >

Styling Michelle Duguid, Felicity Kay and Rosie Williams

Photography: 3 Objectives, Jason Lloyd-Evans, Anthea Simms.





The Eccentric

Softer, love-worn pieces that will keep on giving – a must

The look: Vintage boffin meets eccentric granny (in a good way). This woman loves the new Gucci, espousing a more sensitive individualism.

Why it's the new PD: She's not confined by any trend, she's made her life her look, and she's sticking with it. Bold, yes.

How to wear it now: Start with a dress, add flat lace-ups or knee-high boots. And never, ever forget: the blouse rules. ▶



7. Cotton shirt, £95, Gant. 8. Polyester shirt, £40, Topshop. 9. Polyester-mix trousers, £39.99, Zara. 10. Wool-mix blazer, £70, Next. 11. Leather shoes, £110, Dune. 12. Lurex skirt, £164, Pinko



ALAÏA
PARIS
EAU DE PARFUM



1. Lambskin coat, £1,699, Marc Cain.
2. Polyester jumpsuit, £89, M&S Collection.
3. Wool-crepe kilt, £465, Le Kilt.
4. Leather shoes, £96, Office.
5. Cashmere and wool jumper, £69.90, Uniqlo x Lemaire.
6. Cotton and polyester raincoat, £345, Folk.
7. Leather bag, £280, Whistles

The Minimalist

*Reworked classics that
borrow from the boys*

The look: Evergreen pieces you don't need to think about, because they go with everything.

Why it's the new PD: We've stolen our favourite pieces from the men's department and recast them in softer fabrics. It always works.

How to wear it now: Try a kilt with flat brogues and Breton stripes. Or go for one-piece utility with a jumpsuit. Team with a chunky cable knit and flat shiny boots.



8. Cashmere jumper, £1,095, Pringle of Scotland. 9. Denim dungarees, £100, Levi's. 10. Patent-leather boots, £485, Margaret Howell. 11. Silk shirt, £179, Barbour for Range Rover. 12. Wool trousers, £165, YMC



SEE IT

For more of this season's most-wanted pieces, visit elleuk.com/fashion



Discover the
Autumn Collection

Shimmering feathers, bead set with cubic zirconia stones.
Be inspired at pandora.net

PANDORA
UNFORGETTABLE MOMENTS

next.co.uk

ORDER BY
12 MIDNIGHT
FOR NEXT
DAY DELIVERY

To home for £3.99
or to a store for free*.

JACKET £75
SWEATER £32
SKIRT £40
NECKLACE £14
BELT £14

* Next day delivery is subject
to stock, courier availability
and courier area/store
location. Other exceptions
apply see next.co.uk/terms.





next

next.co.uk

ORDER BY
12 MIDNIGHT
FOR NEXT
DAY DELIVERY

To home for £3.99
or to a store for free*.

BLOUSE £36
SKIRT £20
BOOTS £40
BAG £20
EARRINGS £10

* Next day delivery is subject
to stock, courier availability
and courier area/store
location. Other exceptions
apply see next.co.uk/terms.





next

JIMMY CHOO



KAREN MILLEN, £1,200



H&M, £49.99

DIESEL, £1,400



JOSEPH, £1,295

THE EDITOR'S PICK

Sheepskin coats

Take a day off from deciding what to wear when the temperature drops, because these statement coats will inspire you. Just add denim



PAUL & JOE, £1,535

WAREHOUSE, £350

Asos, £110

GERARD DAREL, £1,830



Last autumn/winter's 'party faux-fur' assumes a sophisticated, luxury alter ego. Grown-up fuzzy coats fizzing in Pepto-Bismol pink have been traded in for long, luxe suedes in earthy tones, with soft shearling accents. This is an investment for the years ahead. ▶

Styling **Michelle Duguid** and **Felicity Kay**
Photography **Luke Kirwan**



THE EDITOR'S PICK
**Sheepskin
coats**



Miranda Kerr



Collection from £49

2
SWAROVSKI

STUART
WEITZMAN



NEON ROSE, £70



BY MALENE BIRGER, £545



DOROTHY PERKINS, £52

REISS, £1,295

THE EDITOR'S PICK

Sheepskin coats

*We call it shearling noir:
moody, stylish and
offhandedly sexy*



SANDRO, £420

WAREHOUSE, £875



7 FOR ALL MANKIND, £800

NEW LOOK, £54.99

URBancode, £139

Asos, £95



MISS SELFRIDGE, £55

STAR
BUY

TOPSHOP, £595

*This will last for
many winters ahead*

THE EDITOR'S PICK
**Sheepskin
coats**

RIVER ISLAND, £85



MARKS & SPENCER INDIGO
COLLECTION, £79

MONSOON, £399

*Wear with tailored flares
and a printed blouse - Almost Famous'
Penny Lane is all grown up*

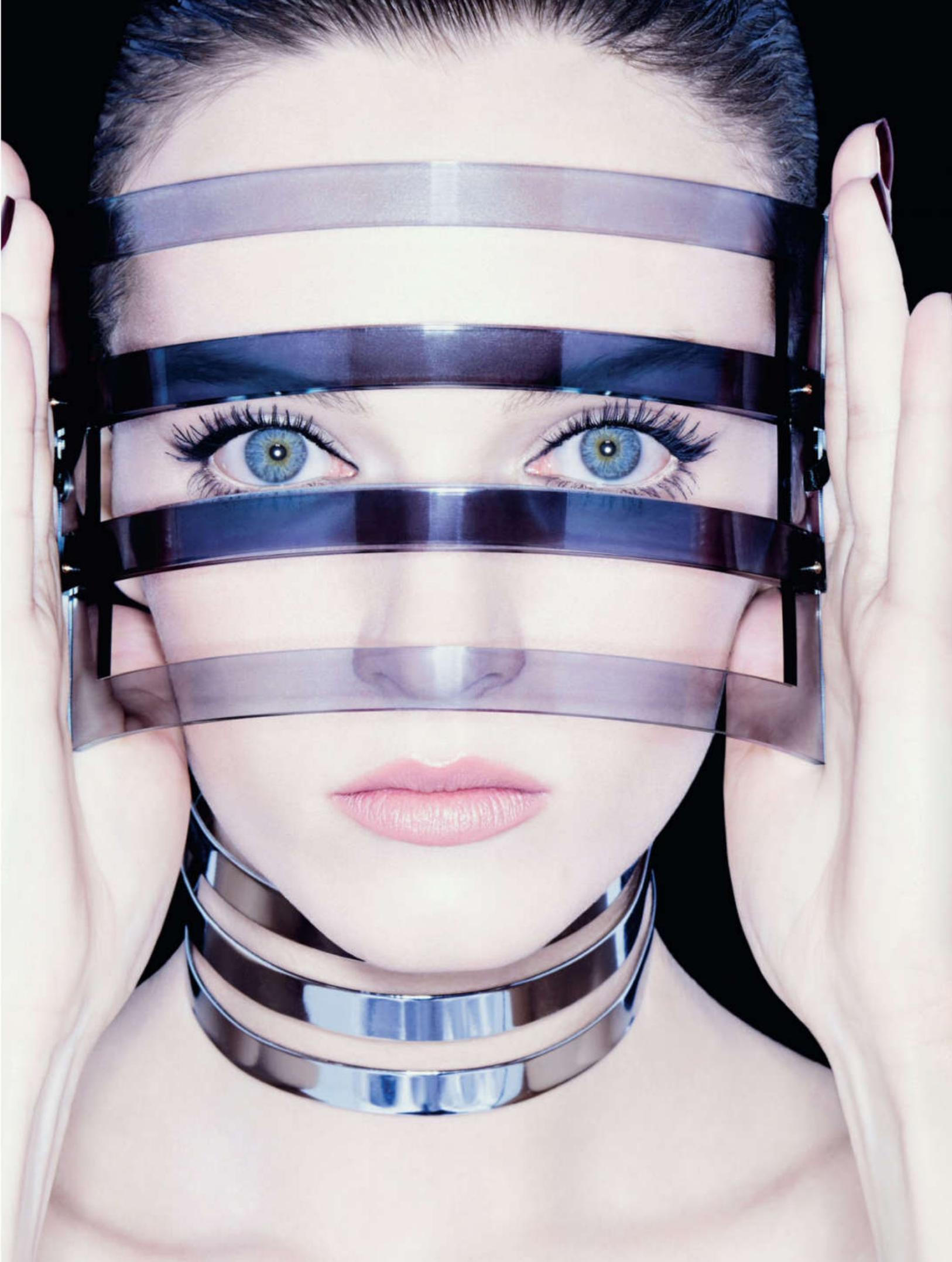


CUSTOMMADE, £950

ISSEY MIYAKE

L'EAU D'ISSEY







TAKE CONTROL.
LOSE CONTROL.
INTRODUCING
AUDACIOUS MASCARA

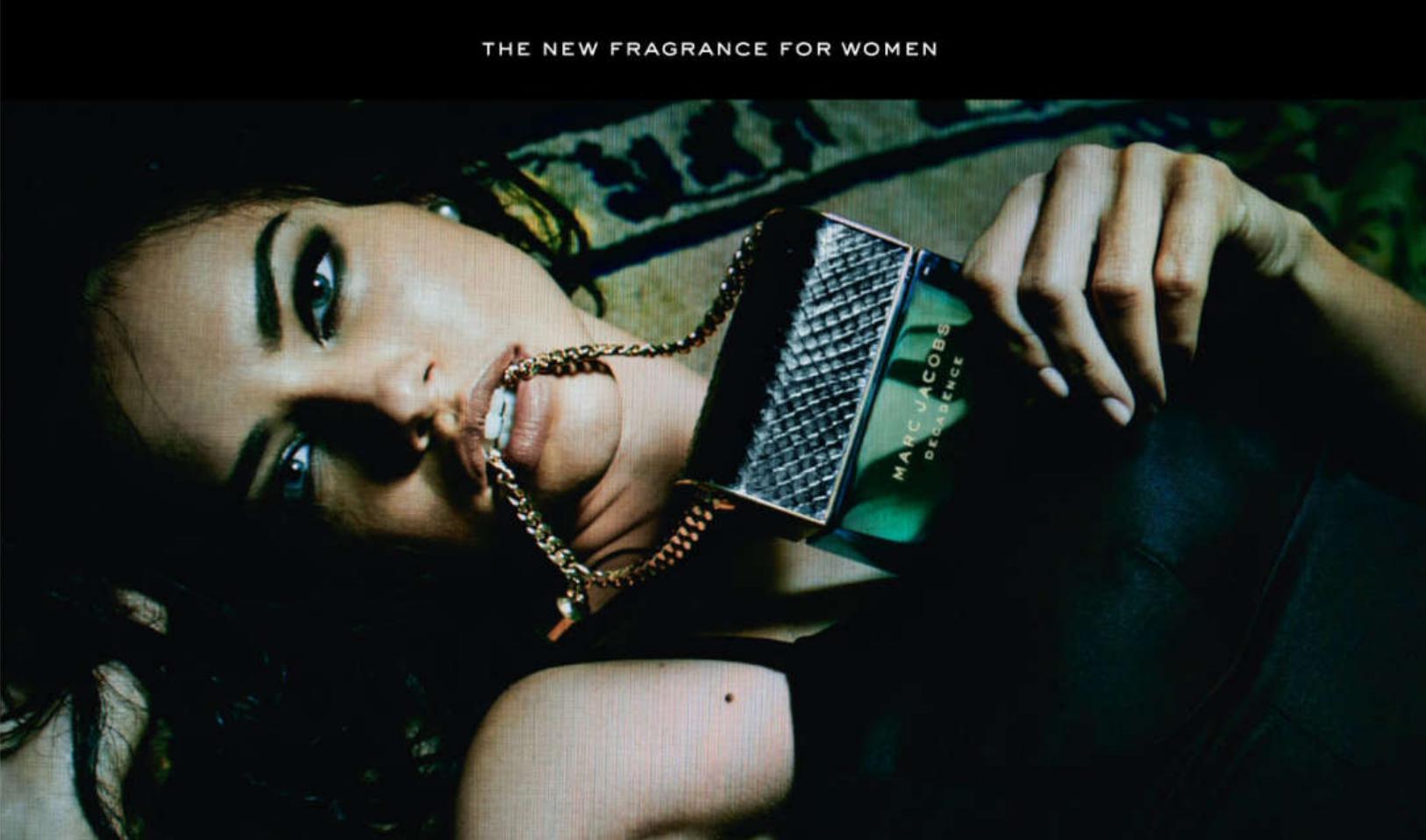
EVERY LAYER MULTIPLIES.
AMPLIFIES. MESMERIZES.

DARIA STROKOS IN
AUDACIOUS MASCARA.
PHOTOGRAPHED
BY FRANCOIS NARS.
NARSCOSMETICS.CO.UK

NARS



THE NEW FRAGRANCE FOR WOMEN



MARC JACOBS
DECADENCE





COLLECTION BY COLOR RICHE *la vie en rose* EXCLUSIVE



DOWNLOAD MAKEUP GENIUS TO TRY ON YOUR PERFECT PINK
WWW.LOREAL-PARIS.CO.UK/MAKEUP-GENIUS

PINK PERFECTION

CUSTOM-MADE, VELVET MATTES
DESIGNED BY US, TAILORED FOR YOU.

#LIFEINPINK



L'ORÉAL
MAKEUP DESIGNER/PARIS



NEW

ACCESSORIES



A landscape photograph of a vast, sandy beach meeting a calm sea under a clear blue sky.

#DIORSAUVAGE



LIFE IS A BEAUTIFUL SPORT **LACOSTE** 



Photography: Anthea Simms.

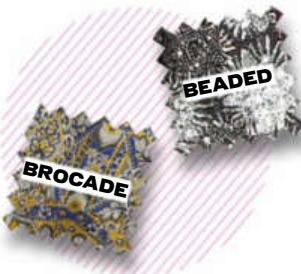
FIRST
LOOK

Noten can show you how. Wear the most outrageously fluffy, could-be-mistaken-for-a-polar-bear coat that you can find - Nicolas Ghesquière's got your back. Isn't it liberating? Right now, though, you're probably wondering how to nail the trend without attracting strange glances on the bus. Easy. Start by stripping it back to its most basic and style a pair of vinyl trousers with an oversized, chunky knit. Then look for pieces in deep, dark shades with interesting details - sequins, mirrors or fuzzy patches - and wear them together, throwing in some high-shine or faux-fur accessories for good measure. Keep an eye on the proportions of your look, belting in the most voluminous pieces and wearing something skinny on your arms or legs. Feeling more confident? Try a richly embroidered or printed coat, in off-kilter colour combinations.

Shopping it won't be a problem: the high street is positively brimming with sheepskin and suede, and Asos, H&M, & Other Stories and Topshop are your go-tos for vinyl and velvet. And there you have it. Remember, you are nothing if you're not textured this season. ▶

SEE IT For more of this season's most-wanted pieces, visit elleuk.com/fashion





SEE ME, FEEL ME, *More sleek than snuggly, this year you will*

More sleek than snuggly, this year you will



TOP TIP

Contrast cosy
knits with sleek,
wet-look
trousers and
a bright lip.



TOP TIP

For an evening
look, layer
embellishment
with brocade in
a rich palette.



Wool-mix top, £480,
Carven. Suede and
ponyskin skirt, £95, and
wool-mix scarf, £45,
both Asos. Shearling
sandals, £120,
Birkenstock. Wool
socks, £12.95, Barbour



Acrylic coat, £220, Whistles. Polyester top, £65, Topshop. Silk-mix trousers, £795, Dsquared2. Velvet and leather shoes, £395, Liudmila

Wool jumper, £110, Asos. Viscose top, £24.99, H&M. PVC trousers, £80, French Connection. Leather and shearling shoes, £70, Aldo. Leather belt, £75, L.K.Bennett



TOUCH ME

defy winter in a lavish and extravagant mix of texture

Words and styling **Harriet Stewart**



TOP TIP

Pick two colours and stick to that palette. Then introduce diverse textures.



TOP TIP

A Lurex polo neck is this season's hero piece and will add interest to any outfit.



Cotton-mix coat, £505, Sandro. Cotton-mix top, £150, Whistles. Cotton shirt collar, £29, Cos. Leather skirt, £75, Asos. Leather boots, £395, Stuart Weitzman. Faux fur scarf, £89, Ted Baker



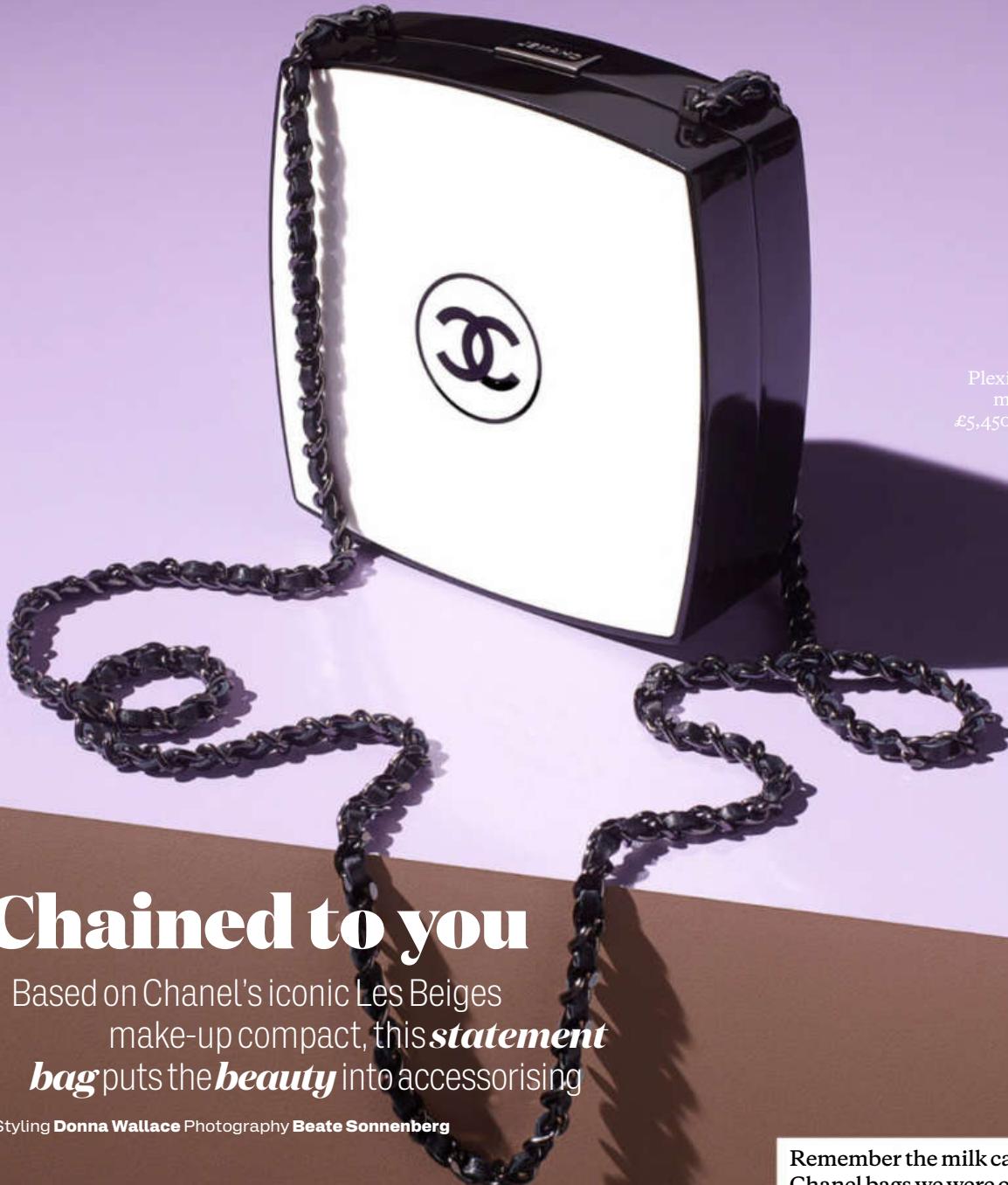
TOP TIP

Dress down PVC with a crisp white collar and masculine coat.

ADD TO
BASKET

SHOP IT

See the trends first, direct from
the #ELLEFashionCupboard.
Go to elleuk.com/fashion



Chained to you

Based on Chanel's iconic Les Beiges
make-up compact, this **statement**
bag puts the **beauty** into accessorising

Styling **Donna Wallace** Photography **Beate Sonnenberg**

Remember the milk carton
Chanel bags we were obsessed
with last year? This is what the
new, evolved version looks like,
referencing the world of beauty
rather than supermarkets.
Radiating elegance and
timelessness, it has all the
appeal of a new-season buy but
is pleasingly familiar. Wrap the
signature chain around your
hand and never let it go.

SHISEIDO
Ever Bloom

THE NEW FRAGRANCE



Because the beauty is already in you.

The Harper platforms
Available at Kurtgeiger.com



KURT G



GEIGER

RIVER ISLAND

#IMWEARINGRI   

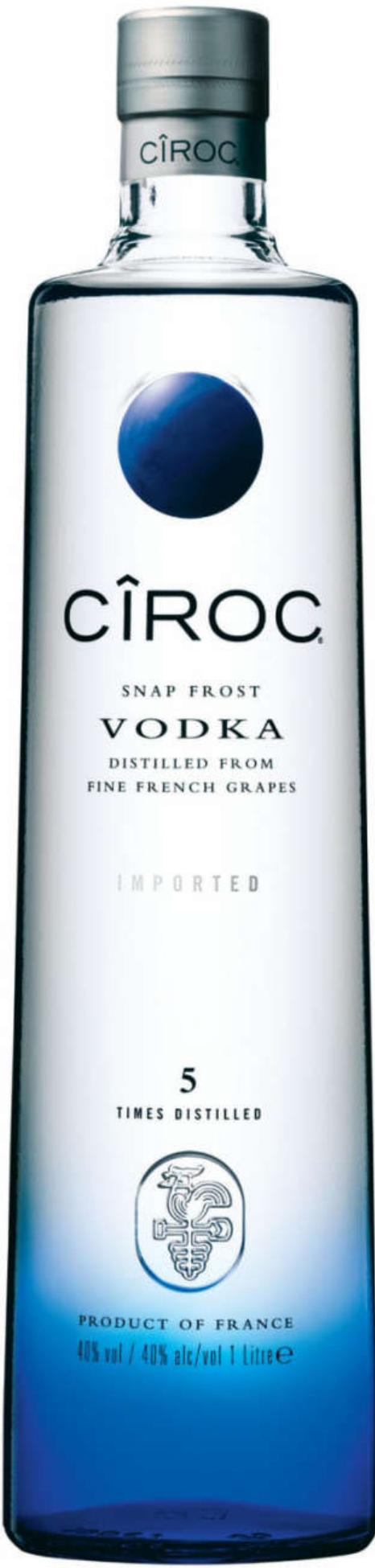






On Arrival

Mayana Moura & Helena Bordon
for Cîroc Vodka—Rio de Janeiro



AMANDA WAKELEY

• LONDON •

LIFESTYLE LUXURY



Styling **Harriet Stewart**

*Make your
favourite
eveningwear
work for day by
layering a grey
marl tee
underneath*

Bamboo-mix leotard, £55,
Baserange. Silk-mix bustier,
£120, and suede skirt, £260,
both Whistles. Embellished
leather shoes, £85, Dune.
Metal earrings, £7.50,
Freedom at Topshop.
Leather belt, £75,
L.K.Bennett. Polyamide-
mix socks, £8 for two pairs,
Marks & Spencer

HOW TO WEAR

The Suede Skirt

Nod to this season's
Seventies trend – and
move your look into
autumn – with the fabric
of the moment: suede



*Dress down
embellished
party shoes with
short ankle socks*

FIRST

HOW TO WEAR

The Suede Skirt

Tan suede is inherently Seventies, but you can make yours feel more modern with skate shoes and denim

Knot a shirt around your middle to instantly define your waist

Cotton jacket, £220, Levi's. Viscose top, £38, Topshop. Cotton shirt, £195, Paige Denim. Suede skirt, £680, Bimba y Lola. Leather trainers, £159, Senso

EDITOR'S FAVOURITES



£70, Oasis



£670, Sea NY



£95, Asos



£80, Warehouse



£80, Dorothy Perkins

Styling: Harriet Stewart. Photography: 3 Objectives. Robert Harper. Hair and make-up: Carolyn Gallyer at CLM Hair & Make Up using Yves Saint Laurent Beauté and Bumble and bumble. Manicure: Ami Streets at LMC Worldwide using Chanel Christmas 2015 and Body Excellence Hand Cream. Model: Jayne Bailey at IMG Models. For shopping details, see Address Book.



MICHAEL KORS
THE NEW GOLD FRAGRANCE COLLECTION. LUMINOUS. BRILLIANT. RADIANT.





EVERYTHING REDUCED BUT THE THRILL

THE OUTNET.COM
THE MOST FASHIONABLE FASHION OUTLET



Mimosa & Cardamom

A new bohemia awaits.

Mists of honeyed, golden mimosa
float above the spiciness
of freshly crushed cardamom.
Warm, ethereal, mesmerising.

JO MALONE
LONDON



Bright sparks

Ignite your new-season look with a kaleidoscope of **iridescent** jewels

Styling **Donna Wallace** Photography **Aaron Tilley**



Clockwise from top:
Gold, tsavorite and sapphire earrings, £23,650, Boucheron.
Gold and malachite necklace, £18,400, Van Cleef & Arpels.
Gold, sapphire and diamond pendant, £10,910, Chopard.
Gold, lapis lazuli and diamond earrings, £8,200, Cartier.
Gold and blue sapphire ring, and gold and pink sapphire ring, both £1,975, and gold and green tsavorite ring, £1,750, all Georg Jensen.
Gold, diamond and turquoise triangle necklace, £1,160, and gold and turquoise triangle bracelet, £910, both Bulgari

SHOP IT

See the trends first, direct from the #ELLEFashionCupboard.
Go to elleuk.com/fashion



THE LIGHT OF NOW
THE ELIE SAAB MAGAZINE
WWW.THELIGHTOFNOW.COM

ELIE SAAB
LE PARFUM



Wrist candy

Arm yourself with a pick 'n' mix of **sherbet and berry** shades for the sweetest timepieces

Styling **Donna Wallace** Photography **Aaron Tilley**

SHOP IT

See the trends first, direct from the #ELLEFashionCupboard. Go to elleuk.com/fashion

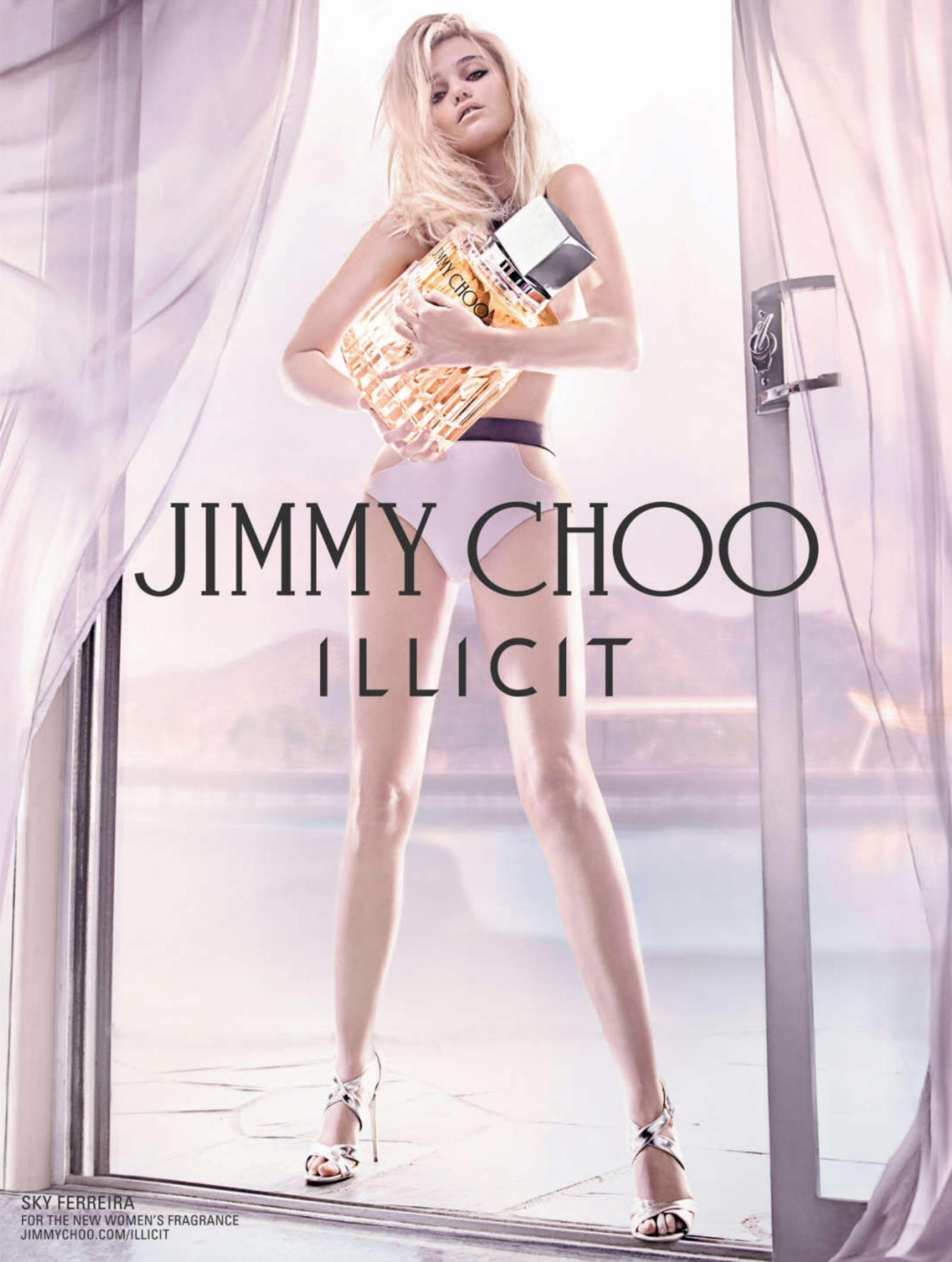


Above, from left: Steel, diamond and leather watch, £3,100, Dior. Titanium, steel, leather and nylon watch, £3,200, Chanel. Steel and leather watch, £2,040, Boucheron. Steel and leather watch, £1,640, Hermès. Steel, silver and leather watch, £1,860, Louis Vuitton. Titanium, diamond and leather watch, £5,500, Piaget



J&M DAVIDSON

jandmdavidson.com



JIMMY CHOO ILLICIT

SKY FERREIRA
FOR THE NEW WOMEN'S FRAGRANCE
JIMMYCHOOCOM/ILLICIT





MISS SIXTY



misssixty.com



intimissimi
Italian lingerie

shop online intimissimi.com
download MyIntimissimi app

London: 368/370 Oxford Street, 56 King's Road, Brent Cross, Westfield White City, Westfield Stratford, N1 Centre Islington

#ELLEFASHIONCUPBOARD

For the live updates, go to elleuk.com



DONNA WALLACE
ACCESSORIES EDITOR

Wool-blend coat, £110,
Topshop. Viscose-mix top, £39.99,
H&M. Cotton shorts,
£9, **American Apparel**. Leather boots, £79, **American Apparel**. Jewellery,
Donna's own

'Suede and camel work perfectly together, as demonstrated by this mini.'



JAZZRIA HARRIS
FASHION INTERN

Nylon top, £32,
River Island. Suede skirt,
£175, **Wood Wood**. Leather boots, £295,
L.K.Bennett

FROM THE ELLE FASHION CUPBOARD

THE TREND IS: CAMEL

Camel is back, and it's spearheading this season's Seventies revival. Wear it your way with denim, tailoring and texture



HARRIET STEWART
MARKET & RETAIL EDITOR

Wool-mix coat,
£479, **Maje**. Nylon jumper, £32, **River Island**. Suede skirt,
£75, **Topshop**. Leather boots,
£450, **L.K.Bennett**. Jewellery, Harriet's own

'Camel feels a bit traditional for my style, so I've made it more 'me' with a mini skirt and over-the-knee boots.'



FIRST
look

#ELLEFASHIONCUPBOARD

For the live updates, go to elleuk.com

'Playing with textures, like this sparkling Lurex knit, can really lift camel tones.'



KIRSTY DALE
EXECUTIVE
FASHION DIRECTOR

Cotton-twill coat, £525, **Joseph**. Lurex top, £85, **Topshop Unique**. Leather boots, price on request, **Hugo Boss**. Chrome watch, £2,200, **Tag Heuer**. H&M jeans, and Bulgari ring, both Kirsty's own



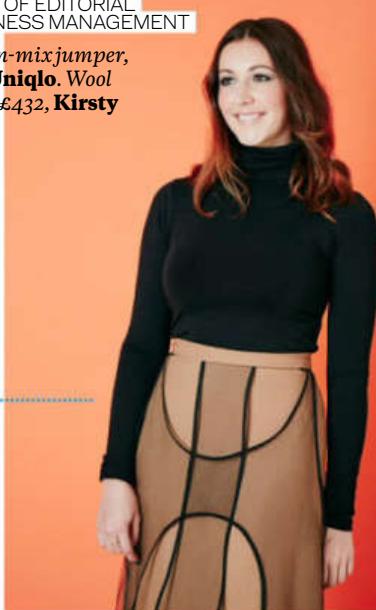
MICHELLE DUGUID
SENIOR FASHION EDITOR

Wool coat, £59.99, **H&M**. Silk top, £225, **Tara Jarmon**. Suede skirt, £595, **Josephat** Net A Porter

DEBBIE MORGAN
HEAD OF EDITORIAL
BUSINESS MANAGEMENT

Cotton-mix jumper, £18, **Uniqlo**. Wool skirt, £432, **Kirsty Ward**

'The geometric pattern on this skirt elevates it from basic to brilliant.'



REBECCA LOWTHORPE
ASSISTANT EDITOR

Wool coat, £1,005, **MaxMara**. Comme des Garçons shirt and shoes, and Céline trousers, all Rebecca's own



'The rich toffee colour of this piece gives a grown-up luxe to the classic teddy-bear shape.'



STYLE IT From the Editor-in-Chief to the interns, find out what Team ELLE wears to the office every week at elleuk.com/street-style



ELLE

THE PARISIANS' LIFESTYLE

EYEWEAR

FOR LIFE NOT LANDFILL

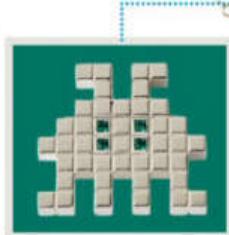


Knit 2015
Shirt 1990

J I G S A W

STYLE & TRUTH

BRAND TO WATCH



Silver and emerald necklace (chain not shown), £690

FRANCESCA GRIMA She had us at pixelated hearts, but Francesca Grima's Space Invaders and graphic stacking rings are what really sealed the deal. We're game.

Gold necklace, £1,450. Left: Gold and ruby necklace, £3,990



Silver ring, £1,195. Blackened gold and rose-gold ring, £3,490



FIRST
look

DONNA'S DETAILS

Pixelated jewellery, hands-free bags and brooches. These are accessories to have fun in, says ELLE expert Donna Wallace

Leather, £295, Rag & Bone

Leather, £190, Fendi

Left: Leather, £95. Whistles. Below: Faux-leather, £22, River Island

All items, as before

Donna wears: Wool jacket, £1,140, Neil Barrett. Wool jumper, £110, Reiss. Cotton-mix trousers, £79, Cos. Leather bag, £665, and brass and ostrich feather earrings, £340, both Chloé

BUM BAGS

2

BADGES

PIN-UP

Last season it was stickers, this season it's all about pins, brooches and badges. Ultimately, this is all about personalisation. All hail the power of the individual.



Donna wears: Leather jacket, £1,900, and leather bag, £475, both Coach

LOOK, NO HANDS

Bags have been getting smaller and now they're hands-free. The bag equivalent of go-faster flats.



Clockwise, from far left: Crystal-mix, £210, Shourouk. Agate and palladium, £330, Hermès. Plexiglas and crystal, £505, Prada. Polyester, £1.99, Jennie Maizels. Crystal, £74, Swarovski. Red and blue feathers, £12 each, River Island

Below: Plexiglas and metal, £195, Bally. Leather, £45, Anya Hindmarch



ELLE SHOP THE DROP

Autumn/winter is all about the **trouser suit**. Add a blouse and mary-janes for a modern **masculine-feminine** mix

IN STORE

12.10.15

RIVER ISLAND
Polyester shirt, £38

IN STORE
16.10.15

TOPSHOP
Velvet-mix jacket, £75,
and matching trousers, £45

IN STORE

7.10.15

NEXT
Faux-leather
shoes, £32



SCAN WITH
SCANNER
SCAN IT • SEE IT
Hold your phone over this
symbol for a 360° view

SHOP IT

See what else is on the
high street this week
at elleuk.com/fashion

COAT
£ 79.99



#SOMETHINGINCOMMON

MANGO



BYE BYE LASH CURLER

NEW 24HR SUPER CURLER MASCARA

VOLUME & LASH CURLING POWER IN ONE

A bold new formula bends lashes up to 90-degrees! An eye-shaped brush builds hyper-curved volume. 24 hours strong!

Kate Moss wears 24HR Supercurler Mascara in Black.



RIMMEL
GET THE **LONDON** LOOK

THE
TREND

ASHISH IN MOTION

The designer celebrates 10 years of catwalk glamour with a V&A show



Backstage at
Ashish a/w 2014

Ashish, the eponymous label of the India-born, London-based designer famed for his tongue-in-cheek, sequin-heavy designs, has been showing at London Fashion Week for 10 years. To celebrate, he's the focus of this month's Fashion In Motion event at the V&A. Expect a catwalk show packed with greatest hits of the past decade. *Ashish Fashion in Motion* will show on 23 October. Buy your tickets at vam.ac.uk

ELLE **DO IT** Discover more cultural must-sees at elleuk.com/tags/culture



The V&A's Fashion In Motion will celebrate 10 years of Ashish's LFW shows

Compiled by: Emma Sells and Binnie Bhattacharya. Photography: Bottega Veneta collaborations, from left; Robin Broadbent, Robert Longo, Alex Prager.



THE ART OF COLLABORATION

Bottega Veneta launched The Art of Collaboration project in 2005, getting world-renowned photographers like Steven Meisel and Annie Leibovitz and artists to collaborate on its campaigns. The results are compiled in a book that encapsulates Bottega Veneta's rich heritage and craftsmanship. *Bottega Veneta: Art of Collaboration* (Rizzoli), £90, is out on 13 October



THE
TRENDCashmere top, £100.
River Island StudioSatin and crepe jacket,
£100, River Island Studio**RIVER ISLAND STUDIO**

On 5 November, River Island launches its Studio collection, a carefully edited, 20-piece capsule that has been precisely designed and expertly crafted. These are investment buys, clothes that you'll want to wear over and over again.

Key buy: The baby-soft buckled cashmere roll neck. *Prices from £60, available from selected stores*

**REISS PREMIUM**

Classic shapes with luxury, stand-out details.

Key buy: The velvet and chiffon dress. *Prices from £80*

Compiled by: Emma Sells and Bille Bhatia. Photography: 3 Objectives, courtesy of Warehouse. For shopping details, see Address Book.

THE HIGH STREET IS GOING HIGH-END

Your favourite brands are bringing some affordable luxury to your wardrobe. But get there quick – we predict a sell out

When is a high-street collection not a high-street collection? When it's a premium line, filled with beautifully constructed clothes in luxury fabrics, that's when.

Topshop pioneered it, followed by Mango and H&M, but this season more brands are getting in on the action. You get clothes that look as though they've been designed in an atelier by paying a bit more than usual on the high street, but less than a hefty designer price tag. Think it's a good deal? Us too. Meet your new high-street go-tos.

**JIGSAW A-LINE**

Luxe pieces inspired by a botanical drawing.

Key buy: The cobalt-blue tunic and trousers.

Prices from £150

Silk dress, £160,
Warehouse Premium**WAREHOUSE PREMIUM**

Limited-edition, on-trend clothes in high-end fabrics. Invest now.

Key buys: The shearling coat and boho maxi. *Prices from £65*



EST. 1973

Timberland®



BEST THEN. BETTER NOW.



BLACK FOREST COLLECTION F/W 2015
MADE FOR THE MODERN TRAIL

www.timberlandonline.co.uk/en/black-forest

Caroline Issa



DECONSTRUCTING PRINGLE

Iconic knitwear brand Pringle of Scotland is marking its 200th year with the Deconstructed project. Every piece can be customised, from style to monogramming and colours. By way of inspiration, designers and style icons including Tilda Swinton and Caroline Issa have created their own versions (above). *Customisation is available online and in store, from £995*



From left (all leather): £249, £219, and £249

Jonathan Saunders

It's about working with traditional, simple, familiar shapes - a tote, rucksack and simple over-the-shoulder bag - but using innovative and interesting colour combinations to create something unexpected,' says 38-year-old Glasgow-born designer Jonathan Saunders, at the official unveiling of his collaboration with British accessories label Radley. Saunders is an experienced collaborator, having

Radley

The master of print brings his sophisticated individualism to the heritage accessories label

partnered with Target, Topshop and The Rug Company, not to mention his long-running line for Debenhams. But this is the first time he's designed bags under his own name (although he and his team are working on a luxury line of bags for his eponymous label), so this is A Big Deal.

Given his reputation as a master of print, it's no surprise that colour and pattern feature heavily; geometric shapes, block shades and bold stripes cover the minimalist, modern bags, all made from super-soft calf leather. The collection's luxury feel belies its accessible prices, reinforced by the cool, stripped-back lookbook images by Jonathan Saunders' lensman, Alex Sainsbury.

'Consumers are so savvy now,' says Saunders. 'Whether they've got £200 or £2,000 to spend on a bag, they expect attention to detail and luxury.' And he knows just how to deliver. *Available from November, prices from £65*

Photography Victoria Zschommler

ELLE **SHOP IT** See ELLE's pick of new-season bags at elleuk.com/fashion



Unilever



"My bedroom's
my backstage.
Life's my
runway."



NEW RUNWAY COLLECTION
CREATION HAIRSPRAYS

A salon-quality collection
created by experts for
invisible, workable hold.

Get inspired: youtube.com/TRESemméUK

TRESemmé

PROFESSIONALS. AT YOUR FINGERTIPS.

A self-portrait by Petra Collins. Left: illustrations from her book, *Babe*

#MOREWOMEN



Photograph by Arvida Byström

It's time to celebrate a new wave of female photography talent. Up until now, most of the pictures you've been consuming, day in, day out, were captured in the main by men: Rankin, Nick Knight, Martin Parr... need we go on? Why don't we know more famous female names?

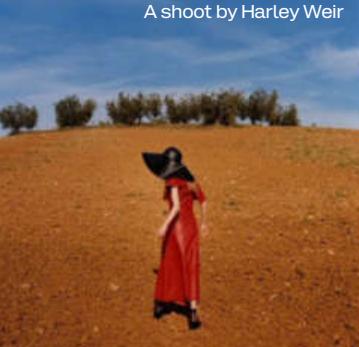
But things are changing. Today, the coolest names in image-making are women and together they're challenging ideas of beauty and pushing a female point of view...

PETRA COLLINS

The Canadian 22-year-old is keen to promote fashion misfits. An outspoken feminist, she hit headlines in 2013 when her Instagram account was shut down after she posted a snap of herself in bikini bottoms with her pubic hair showing, technically violating none of Instagram's official rules. Her fashion shots tackle similar taboos – fuzz, female sexuality and imperfections.

ARVIDA BYSTRÖM

Best pal and frequent collaborator of Collins, 23-year-old LA resident



A shoot by Harley Weir



A self-portrait by Petra Collins. Left: illustrations from her book, *Babe*

#MOREWOMEN

Model Amber Swinson, photographed by Alice Neale

SHE SHOOTS, SHE SCORES

Get to know the work of these feminist fashion photographers

Byström has become a muse to other rebellious creatives. Recognisable for her candy-coloured hair, she has also modelled for Meadham Kirchhoff. Her work considers sexuality, identity and the realities of being a woman, drawing heavily on personal experience.

HARLEY WEIR

The Londoner has already racked up campaigns for Stella McCartney and Topshop despite being under 30. Her girls and boys appear both awkward and strong – in some shots they're kissing with spit dribbling down their chin, in others they're standing alone, gawky and beautiful. An English rose herself, Weir has a penchant for ginger hair and often shoots street-cast models.

Alice Neale

Neale, 25, graduated from Central Saint Martins just last year and has already worked with achingly cool brands like Marques'Almeida. She's all about documenting youth and her girls look tough but easygoing. 'It's all about the four big Cs,' she explains. 'Cool, collected, confident and charismatic.'



THE SOFA GAZE

Never leave the couch again. This lot will keep you captivated all winter long

A MODERN CLASSIC

Jessica Jones, Netflix, from November

A woman with superpowers, who likes wine and can kick serious ass, is our type of comic-book hero, so we eagerly await this psychological thriller starring *Breaking Bad*'s Krysten Ritter.



SPANKING BRAND-NEW

The Last Panthers, Sky Atlantic, from November

Like high action heists and gangster thrillers? Who doesn't? This six-part series, based on real-life jewel thieves the Pink Panthers and starring Samantha Morton and John Hurt, will keep you entertained on the coldest of nights. Gripping doesn't even come close.



THANK GOD IT'S BACK

The Affair, Season 2, Sky Atlantic, from October

We've been waiting on the edge of our armchairs, and finally, Dominic West and Ruth Wilson are back for part two of this Golden Globe-winning show, about a couple who have a dark affair, told from two perspectives.



DEVASTATINGLY OVER:

This Is England '90, Channel 4, on now

The last chapter of Shane Meadows' ode to Fred Perry stars familiar faces Vicky McClure and Joe Gilgun. This series, Gazza's tears, raves in fields and the best of 90s wardrobes have us hooked. If you haven't already, catch up on 4oD now.





"Catwalk-ready hair,
now the world is
my runway."



NEW RUNWAY COLLECTION
CREATION HAIRSPRAYS

A salon-quality collection
created by experts for
invisible, workable hold.

Get inspired: youtube.com/TRESemméUK

TRESemmé

PROFESSIONALS. AT YOUR FINGERTIPS.



MY LIFE IN BOOKS ROMOLA GARAI

The Suffragette actress, 33, shares the books that have shaped her life

Little Women by Louisa May Alcott

I was obsessed with *Little Women* when I was growing up and I think I probably over-identified with the brave Jo March. She is such a wonderful character because she's a real risk-taker and defies the expectations of her society. I still aspire to be just like Jo. Her outspokenness gets her into trouble, which I can definitely relate to.



The Driver's Seat by Muriel Spark

This novella by Muriel Spark is so mind-blowingly brilliant that it makes you never want to try to write or do anything artistic ever again. It's a reversal of everything you expect from a thriller. Spark was a metaphysical thinker - she really deconstructed books - and this story about violence is very unexpected. I believe she is one of the 20th century's greatest writers, but has been marginalised because she's a woman.

Under The Skin by Michel Faber

I've passed on this book to a lot of people. I read a lot but there aren't many books that boast searing intelligence and sophistication while also being a really great read. *Under The Skin* is one of those. It's a science-fiction piece about a woman who drives through the Scottish highlands murdering people and you don't know why. Michel Faber is, I think, one of our best contemporary writers.

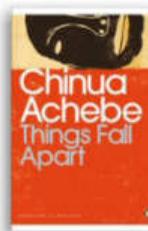
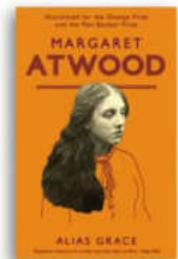


Outside Over There by Maurice Sendak

This is the first book I remember reading when I was five or six and it's f*cking weird. The story is about a little girl who has to rescue her younger sister after she is stolen by goblins. It's so dark. When I look at it now, it's no surprise that I was really affected by it. I still have quite gloomy tastes when it comes to reading.

Alias Grace by Margaret Atwood

When I read this novel for my English A-level, it completely changed my understanding of literature. It was the first time I understood how incredibly powerful it is to be able to decode language and look between the lines to see beyond what simply appears to be said. Plus, it's a really exciting read, full of sex. My 17-year-old self loved it.



Things Fall Apart by Chinua Achebe

Things Fall Apart is an absolute classic of African literature and reading it had an enormous effect on me. When you realise how our country's wealth is based on the colonial enterprise and understand why poverty abroad is still tied up with its legacy, that has a huge impact. It made me feel very differently about politics and poverty and our accountability for that.



Gilead by Marilynne Robinson

Every single page of Robinson's books makes me want to weep. *Gilead* is the second in a trilogy set in a tiny Iowa village. The book examines the life of somebody struggling with their faith and trying to be good, and what a failed enterprise that can be. You have to be in a good, strong place to read this because Robinson really opens a vein. *Romola* plays Isabella in *Measure For Measure* at the Young Vic, 1 Oct-14 Nov. Visit youngvic.org for more information



 **PIN IT** Have a look at our Pinterest board, at ellemag/ellebookclub



AND...

THREE REASONS WHY PATTI SMITH'S *M TRAIN* IS THIS AUTUMN'S MUST-READ BOOK

1 IT'S MORE THAN YOUR AVERAGE MUSICIAN'S AUTOBIOGRAPHY...

You'll find no sex, drugs or rock 'n' roll here. Nor, for that matter, much of a narrative. Instead, Patti muses over key events from her past, with everyday meanderings as a base.

2 ...IT'S ACTUALLY AN ODE TO COFFEE

Beat writer William Burroughs tells Patti that the best coffee in the world is grown in the mountains surrounding Veracruz, Mexico; she goes in search of it pretending to work for *Coffee Trader Magazine*.

3 THE PROSE IS PERFECTION

Of course it is. On love: 'Our way of living seems a miracle, one that could only be achieved by the silent synchronicity of the jewels and gears of a common mind.' *M Train* is out 6 October (Bloomsbury)

For more #ELLEBookClub reads, head to elleuk.com/bookclub

ELLE
BOOK
CLUB



Unilever



NEW RUNWAY COLLECTION CREATION HAIRSPRAYS

A salon-quality collection
created by experts for
invisible, workable hold.

Get inspired: youtube.com/TRESemméUK

"My backstage pass
for runway-ready hair."

TRESemmé

PROFESSIONALS. AT YOUR FINGERTIPS.

COUTURE THE INSIDE STORY

*As an exhibition exploring the legacy of Chanel opens in London, ELLE's **Rebecca Lowthorpe** reflects on its star-studded couture show, and goes backstage with **Karl Lagerfeld** to find out how the fashion house maintains its magic...*

One hot afternoon in July, Karl Lagerfeld was holding court in the Chanel studio located at the heart of the house's headquarters on Paris' Rue Cambon. It was the day before the a/w 2015 haute couture show (you no doubt saw the pictures at the time of the Grand Palais, which Chanel transformed into the world's most glamorous casino) and Karl was in the middle of the process known as 'accessorisation' - a kind of dress rehearsal, with models in full hair and make-up, where every look is tweaked, photographed and catalogued. The atmosphere was both industrious - a big team of staff scurrying about at all times - and entertaining, like watching an eccentric society in full swing. There was a constant stream of models to appraise, celebrities to reassure and magazine editors to explain the collection to. As ever, while leaping up to greet, kiss, gossip and say farewell, Mr Lagerfeld is able to concentrate on everything all at once.

Julianne Moore appeared, post-fitting, in sweat pants and T-shirt. 'Oh, I've known her for years,' Karl whispered. 'She's wonderful. I've seen the film *Still Alice* - amazing. She's such a great actress, truly great.'

Moments later, Rita Ora emerged in a silver tuxedo jacket and split-to-thigh skirt. She wore nothing beneath said jacket and was concerned about how much would be revealed in tomorrow's show. 'No problem, huh? I make like this and this,' said Karl, sketching furiously. 'Et voilà! The world's first vertical bra!'

In-between all the comings and goings, Mr Lagerfeld found time to explain what was going on. The house of Chanel recently uncovered sketches of a diamond jewellery collection created by Coco Chanel in 1932. It



PRIVATE
VIEW

Clockwise from top:
Lily Collins and
Lily-Rose Depp; Alice
Della; Vanessa Paradis

was destined to be shown in London that year but was halted by stringent British Customs legislation - this was during The Great Depression, after all. Coco showed the collection in her apartment in Paris instead, selling tickets and, with typical feminist irreverence, donating that money to a charity for unmarried mothers. Eighty-three years later, explained Karl, Chanel has remade the 1932 Bijoux de Diamants collection, which will be shown at London's Saatchi Gallery this October as part of a special Chanel exhibition - Mademoiselle Privé (of which more later) - as well as taking pride of place in tomorrow's couture show. The show was staged in a 1930s-style casino. 'Because I liked the idea of an elegant woman going to a casino wearing jewellery, it's like a fantasy,' said Karl. This being Chanel, the world's most audacious house when it comes to putting on fashion shows, Karl enlisted 20 celebrities to play the role of glamorous gamblers. Among the roll call: Julianne Moore, Kristen Stewart, Isabelle Huppert, Lara Stone, Rita Ora, Lily Collins, Rinko Kikuchi, Vanessa Paradis and her daughter Lily-Rose Depp, Stella Tennant and Geraldine Chaplin (daughter of Charlie).



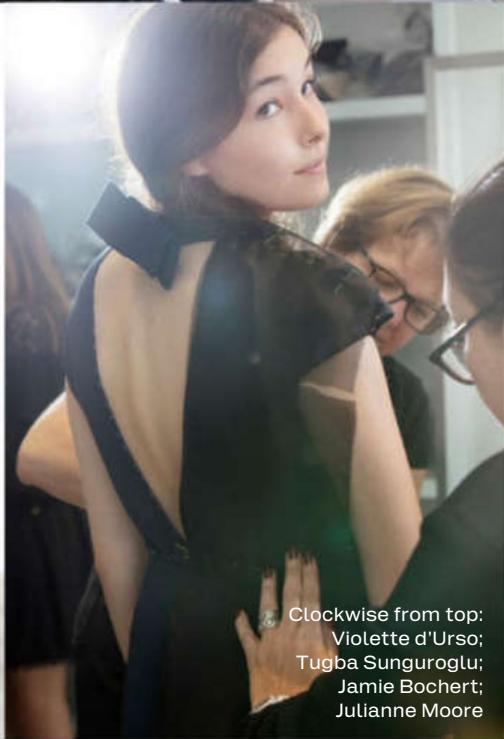
Photography: courtesy of Chanel



 @CHANEL

'I made each one something to suit their personality. The jewellery has been chosen for each one too - it matches her style, her attitude.' The gamblers were the show within the show, he explained. Meanwhile, the 67 looks he devised for the a/w 2015 couture collection were paraded on models resembling futuristic fembots. 'Look,' ordered Amanda Harlech, casually sporting an apricot vintage Ossie Clark dress under a black silk Chanel couture coat. She was pointing at model Binx Walton, who strode in wearing a laser-sharp black wig and a navy quilted Chanel jacket. 'It's hi-tech armour, but super light, like gossamer!'

Binx's seemingly innocuous little jacket was in fact made by a 'selective laser sintering machine' - come again? She explained that the jacket was literally spun from powder through a high-powered laser that, in true *Ex Machina*-style, 'read' the design and produced it in 3D form. 'Any client who orders it will have her body mapped [scanned] in order to produce it - it's the very 'haute' of 21st-century couture!' she exclaimed, adding that the idea could have only ever come from Karl's head. Because Karl, of course, is the world's greatest pusher of the fashion envelope, constantly exploring technology in his quest to say something new. That's why he's uncharacteristically pleased as punch, announcing: 'I took the most iconic 20th-century jacket and remade it using a technique that couldn't have possibly been imagined by Chanel in her time.'



'I LIKED THE IDEA OF AN ELEGANT WOMAN GOING TO A CASINO WEARING JEWELLERY'
KARL LAGERFELD

ut to the show. The Grand Palais, reimagined, as promised, into a real working casino. To wit, slot machines that could be played with silver Chanel coins (and that whirred with lucky number 5s) decorated the outskirts of the set while the centrepieces were roulette and blackjack tables. Julianne Moore was the last to take her place at the roulette table, and when she did so, Kristen Stewart jumped up to hug her with such sincere warmth, it practically broke the internet. The same went for Kendall Jenner, last out, playing the Chanel bride, not in a frothy fairy-tale gown but a simple trouser suit that, in view of the just-announced US Supreme Court ruling in favour of same-sex marriage, neatly highlighted Karl's cardinal rule: 'We want to be the top of the top of modernity.'>

EXHIBITION

FIRST
LOOK

**FOURTH ROW,
FROM LEFT**

Tugba Sunguroglu,
Lara Stone,
Rita Ora,
Jamie Bochert,
Stella Tennant,
Violette d'Urso

**SECOND ROW,
FROM LEFT**

Kristen Stewart,
Julianne Moore,
Isabelle Huppert,
Lily-Rose Depp,
Vanessa Paradis,
Lily Collins,
Karl Lagerfeld

**THIRD ROW,
FROM LEFT**

Jemima Kirke, Alice
Dellal, Rinko Kikuchi,
Geraldine Chaplin



THE
CHANEL
SQUAD

 @REBECCA_ELLE

**'IT FEELS
LIKE YOU'RE
ALLOWED TO
BE PART
OF A PIECE
OF ART'**

KRISTEN STEWART



Lara Stone

After the show, I was invited to the VIP tent. Isabelle Huppert, the grand dame of French cinema, sheathed in black satin and with diamond-bound wrists, told me what Chanel couture means to her: 'It's the black jacket, the little black dress, that's the common memory of Chanel. But it's the talent of a great designer to work with the history of the house and project modernity onto it.'

Lily-Rose Depp is 16 and shaking with excitement after appearing for the first time in a fashion show. 'I was so nervous! I've never done anything like this, but it was really fun, so surreal sitting in the middle of the whole show.' Despite being around Chanel clothes all her life, 'always trying on my mum's shoes and dresses', she said the experience was 'awesome'.

In walked Julianne Moore, resplendent in a deep-green velvet evening gown and massive comet-shaped diamond necklace. 'Karl always surprises me. He's endlessly curious and inventive - I think that's what he brings to everything,' she mused. I asked if she knew anything about the history of the necklace she's wearing? 'No,' she said, laughing. 'I just heard I was going to get a big one!' And what's her opinion on haute couture in the 21st century? 'The more I'm exposed to it, the more I think it's performance art. It's about the enormous amount of artistry and effort and love that goes into each piece. And I'm going out, right now, to have lunch in it! Ha ha.'

Finally, Kristen Stewart appeared. Despite baking in her black velvet trouser suit under the hot lights, the Chanel muse was at pains to give her disarmingly passionate take on the

label. 'Chanel's always transformed me into various iterations of myself but this is the truest of me. Karl's got to know me pretty well, I guess, because I feel really good in it. It's different to wearing ready-to-wear - there's an elevation, it's a one-off. The time and artistry in making it, it seeps its energy into you and you feel lucky to be able to wear it,' she enthused. 'God, I wish I had a GoPro on my head, I wish I could've captured it all.'

But before you accuse us of inducing fashion FOMO, some of the glamour and drama of Karl's couture casino will be accessible to all at the *Mademoiselle Privé* exhibition, which opens this month. Want to see the embroideries and make camellias (Coco's favourite flower) in the couture pop-up workshops? How about witnessing the laboratory experiments of the world's most famous perfume, Chanel No 5? The experience will culminate in an 18th-century garden created by British landscape designers Harry and David Rich, inspired by the interlocking Cs that Coco first saw in the stained-glass windows at Aubazine, the orphanage where she lived as a child.

At the heart of the exhibition are Karl and Coco, who never met but clearly shared the same rebel spirit and irreverent vision. It will be, to say the least, a must-see. As Karl said of his couture: 'Everything should be fun, but that doesn't mean it has to be superficial.'

Mademoiselle Privé is at the Saatchi Gallery, London, from 13 Oct-1 Nov



READ IT

For the latest fashion news,
visit elleuk.com/fashion

Feels like NOTHING else
UGGAUSTRALIA.CO.UK

INTRODUCING CLASSIC LUXE
A SLIM, SLEEK SILHOUETTE

UGG®
australia



NO RULES

Your Hair, Your Heat, Your Style.

Take back control of your styling with adjustable heat from Cloud Nine®

In a recent independent survey by Mustard Research Ltd, 83% (415/500) of respondents said it was very important to be able to control the temperature of their hair straighteners to suit their hair-type.



STREET

ELLE



See it › buy it › wear it



BRIXTON, LONDON

ELLE STYLES

**ALICE BYROM, 29,
CREATIVE DIRECTOR
AT BLAKE LDN**

SHOP MY LOOK

Wool waistcoat, £85, Warehouse. Merino-wool top, £168, Blake LDN. Suede skirt, £70, Oasis. Leather boots, £530, Marni. Jewellery, Alice's own.



@BLAKELDN



p165



p173

Street Style... Brixton, London Go south to meet the capital's best-dressed

Work Spy... Florence Kennedy The florist's practical working wardrobe

Closet Confidential... Nick Wakeman It's about cut, not colour, for this fashion minimalist



TONI&GUY

CREATE YOUR **LOOK** FROM THE **HAIR** DOWN

Daisy wears **3D Volumiser** for voluptuous body and shine.



AVAILABLE IN A
STORE NEAR YOU

ELLE STYLES NATALI STAJCIC, 29,
MANAGING DIRECTOR, THE PRESSERY



'I live in denim and trainers for work, but you could layer this dress over a silk blouse to take it into dinner territory'

@THEPRESSERY



SHOP MY LOOK

Denim pinafore, £58,
Topshop. Cotton top, £7.99,
H&M. Leather trainers,
£55, Reebok. Bag and
jewellery, all Natali's own

ELLE STYLES CHI-SAN WAN, 30, CREATIVE DIRECTOR, THE PRESSERY



'This look is perfect for when I'm dashing to meetings and events. It's smart, yet casual and comfortable too'



SHOP MY LOOK
Cotton jacket, £38,
Topshop. Cotton shirt,
£220, Acne. Rubber and
polyurethane trainers
(left), £80, Saucony.
Skirt, sunglasses,
Prada bag and rings,
all Chi-San's own ▶





ELLE STYLES NINA PARKER, 29, CHEF

'I love an unusual colour combination, so this pink coat is great with my favourite vintage skirt'

SHOP MY LOOK
Wool-mix coat, £225,
Ganni. Lurex top, £145,
Sandro. Calf hair and
leather boots, £325,
L.K.Bennett. Vintage
skirt, Nina's own

@ANTONINAPARKER



ELLE STYLES ARABELLA JAMES, 28, TREND FORECASTER



@ARABELLAJAMES



SHOP MY LOOK
Leather and faux-fur gilet,
£895, Whistles. Wool jacket,
£200, Carhartt. Leather
trainers, £145, Senso.
Leather bag, £574, Valery
Demure. Ostwald Helgason
dress, and jewellery, all
Arabella's own

*'The bomber jacket, gilet
and trainers make this
smart dress more casual'*





Le COUVENT des MINIMES

Natural Beauty Recipes



BOTANICAL COLOGNE OF THE MINIMS
The virtuous scent of nature.

www.lecouventdesminimes.com



only at Boots

Order by 8pm and collect for free tomorrow from midday.

Please see boots.com/ordertodaycollecttomorrow for full terms and conditions about the Order & Collect service
Monday - Saturday, geographical exclusions apply. Subject to availability.



let's feel good



Hotel
Bell Tent

**BOUTIQUE LUXURY ACCOMMODATION FOR
FESTIVALS, WEDDINGS AND PRIVATE PARTIES**

Go to www.hotelbelltent.co.uk to find out more!

ELLE STYLES ALICIA WAITE, 29, PR MANAGER
AT LARSSON & JENNINGS

'I love this dress because it's everything rolled into one. Woolly top + feminine skirt = the perfect trans-seasonal outfit'

SHOP MY LOOK

Polyester dress, £371, Claudio Pierlot. Mansur Gavriel bag. Palace x adidas trainers, sunglasses, watch, and jewellery, all Alicia's own

• @LISSIWAITE



ELLE STYLES MIA LILLINGSTON, 27, CHEF

• @M.I.CHEZTOI



SHOP MY LOOK

Polyester coat, £59, Dorothy Perkins. Viscose-mix top, £24.99, H&M Studio. Denim jeans, £255, MiH Jeans. Leather shoes, £70, Aldo. Sunglasses and jewellery, all Mia's own.

'I live in jeans for work, but this glittery top and textured coat take the look from day to night'





ELLE STYLES MARINA GUERGOVA, 28, CREATIVE DIRECTOR
AT MARINA LONDON

@MARINALONDON



'I love that I can wear these trousers with trainers, then whip on some hot heels in the evening'

SHOP MY LOOK
Cotton-corduroy jacket, £39.99, New Look. Silk-crepe shirt, £220, and satin trousers, £230, both Marina London. Faux-fur stole, £30, Asos. adidas trainers and jewellery, all Marina's own



MAP IT • DO IT

See full London listings
at elleuk.com/travel

THE BRIXTON BEAT

South of the river, fashion has evolved from punk and grunge to something infinitely more stylish

INSIDER'S GUIDE TO BRIXTON, LONDON

Meet... at community centre **Pop Brixton** for yoga classes, art workshops or cinema ① (popbrixton.org) **Shop...** for local produce and arts and crafts from over 50 traders at the **Herne Hill Market** ⑩ (weareccfm.com) **Swim...** in the outdoor Grade II-listed art deco surrounds of **Brockwell Lido** ⑪ (fusionlifestyles.com/centres/brockwell_lido) **Eat...** a seasonal and inventive set menu of British produce at **Salon Brixton** ⑤ (salonbrixton.co.uk) **Drink...** and dance to live music at **Effra Social** ⑧ (effrasocial.com)



EVERY GREAT LOOK...



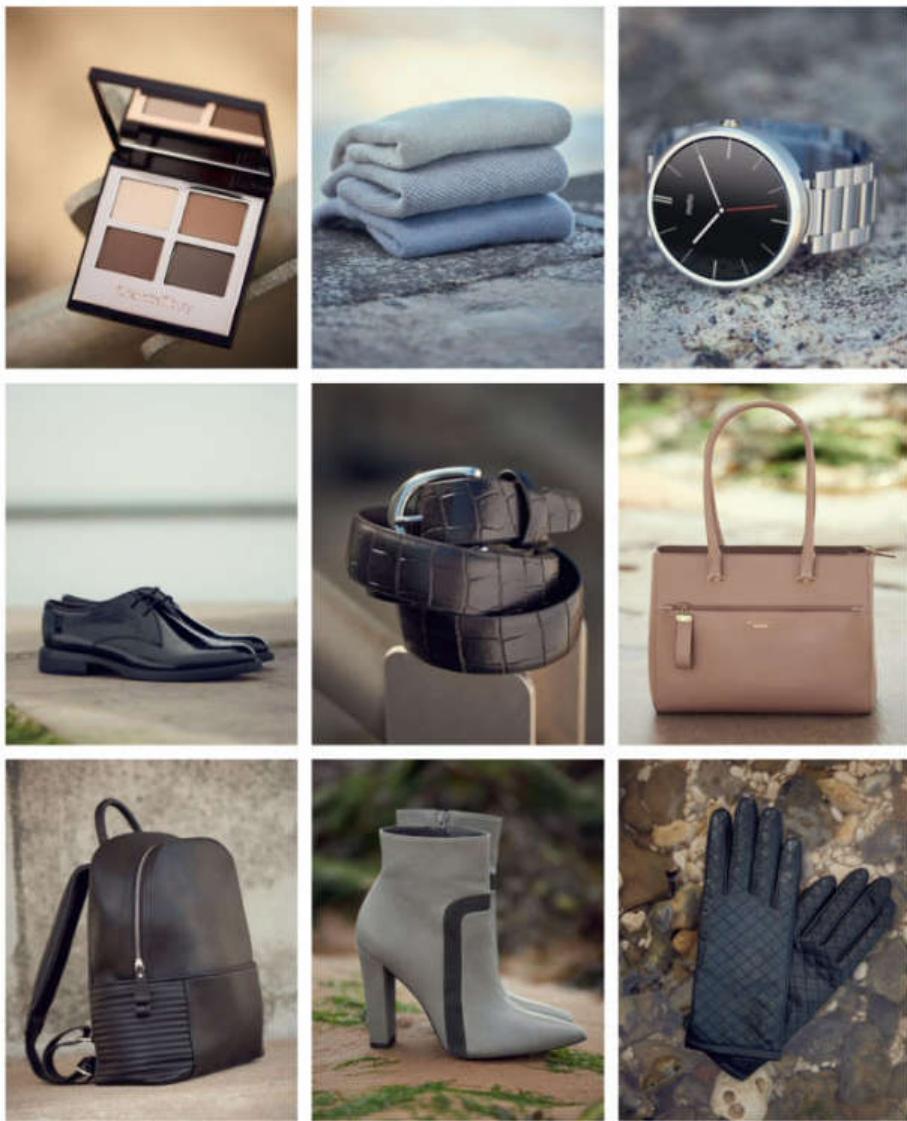
STARTS WITH A GREAT DRYER



Bringing a new era in drying technology. The BaByliss 3Q lightweight dryer has advanced brushless motor technology for ultra-fast, controlled drying and exceptional ionic conditioning to leave hair super smooth and shiny. With a 10 year motor guarantee it is designed to keep your hair looking flawless day after day, year after year.

Available at Argos, premium Boots, John Lewis and Very.co.uk.

BaByliss
Get your look



[THE EDIT]

INDULGENCE REDEFINED

Charlotte Tilbury The Sophisticate Palette £38, Jumpers from £59 Kin and Hobbs,
Moto Smartwatch £229, Hudson black brogues £125, John Lewis belt £20, Modalu bag £199,
Kin backpack £45, Kin grey ankle boots £119, John Lewis quilted leather gloves £60,
Jigsaw coat £298, John Lewis jacket £120, John Lewis trousers £69, Ted Baker shirt £89.

John Lewis
in store | online | mobile



Amazon Fashion

Clothes | Shoes | Bags | Accessories | Jewellery | Watches

amazon.co.uk/fashion





Don't look like me
look like you

Nail the look with
Shock Wave and Pink Tank
uk.sallyhansen.com

© 2015 COTY US LLC



OMGel!TM

GEL WITHOUT THE LIGHT!

NEW MIRACLE GELTM

2 Steps • Up to 14 Days of Colour and Shine • Easy Removal
The next best thing to a salon gel mani!

Sally Hansen[®]

Pretty Piggy

B Girl

Shock Wave

Birthday Suit

Street Flair

Pink Cadillacquer

Tidal Wave

Red Eye

Wine Stock

Game of Chromes

Pink Tank

SPY

Photography **Greg Holland**
Words **Gillian Brett**

Packing in your nine-to-five to pursue your dream career is something you might fantasise about, but never dare do. Meet Florence Kennedy, a 28-year-old Londoner peddling – quite literally – very Instagrammable hessian- and twine-wrapped floral bouquets around London. Petalon was a ‘happy accident’ for Florence, who admits she only knew three flower names before deciding to quit her job and set up the only ‘bouquets by bicycle’ service in London.

‘I was working for a trend-forecasting agency, researching independent businesses that were doing something niche and interesting for a report called *Small But Perfectly Formed*,’ she explains. ‘One day, my husband, James, sent a bouquet of flowers to the office; it wasn’t cheap but it was practically dead on arrival. It is at least £60 for a decent bunch, and I thought, “Surely there’s a savvier way to deliver better quality?”’

In the meantime, James was living his own dream, launching a bespoke bicycle-making business, Kennedy City Bicycles. Coming home to find their East London live/work warehouse packed with almost 200 bikes, the penny dropped for Florence: removing the costs of a van would make delivering high-quality flowers at affordable prices possible. The entrepreneurial duo hitched a trailer up to one of the bikes, and a same-day delivery service, costing just £28 per bouquet, was born.

In lieu of professional training, Florence mined Pinterest boards for floral arrangement ideas,

Interior designer-turned-events-manager-turned-florist Florence Kennedy explains why it’s never too late for a change of direction

devoured books (she recommends *Vintage Flowers* by Vic Brotherson), and watched hundreds of YouTube tutorials. Two years on, she employs a team of three who, between them, clock up 100 to 150 miles a week delivering 15-20 orders a day across London. And Petalon’s expanded into prettying up product launches, customer events and press days for brands such as Hugo Boss, Nike, Kurt Geiger and French Connection.

Ditching regular hours (her alarm now goes off at 3.45am) called for a new approach to dressing: ‘I own my own business but I’m not a businesswoman, so I can get away with dressing quite casually. I learned that pale colours won’t survive petal stains, and

skirts and dresses are not practical for hopping on and off a bike. I live in chunky cashmere knits, culottes, dungarees and jeans from Topshop, H&M or Zara. I’ve got a lot of practical sportswear – my Carhartt fleece is a godsend for early starts in the winter. I never wore trainers before, but now I have a cupboard full of Converse and adidas. My biggest splurge was my pale pink wedding dress from Whistles – it was £300 and perfect for our city wedding at Hackney Town Hall.’

While going it alone was terrifying at first, Florence drew confidence from the phrase, ‘He who jumps may fall, but he may also fly.’ ‘If it did all go horribly wrong, I could always get a new job,’ she reasons, quite rightly. ▶



MONDAY

'I always take a break at 9am to walk my dog, Huxley, and have breakfast with my husband.'



WORK
SPY

FLORENCE LOVES

Flowers: Anemones and ranunculus
Instagram: @thebritishflowercollective, @the_blue_carrot

Wool-mix coat, £80, River Island. Cotton jumper, £39.99, H&M. Cotton skirt, £230, Sea NY. Cotton trainers (worn throughout), £185, Sandro

TUESDAY

'Rising at 3.45am, I need to reach for a cosy jumper and jeans.'



Jumper and jeans,
Florence's own

@PETALON_FLOWERS

CV

2013-present
Founder,
Petalon

2011-2013
Sales and
Research,
Contagious Magazine, London

2009-2011
Freelance
Events Manager,
London

2008-2009
Freelance
Interior
Designer,
London

EDUCATION
2004-2008
Architecture,
Newcastle University



Styling: Harriet Stewart. Photography: Greg Holland. For shopping details, see Address Book.



FRIDAY

'Bright colours camouflage petal stains well.'

@PETALON_FLOWERS



WEDNESDAY

'If I do have a business meeting, I'll wear a tailored coat over my studio uniform.'

CAN'T BE WITHOUT...



'Flat shoes, my secateurs
and my bike.'



THURSDAY

'Culottes make up a third of my wardrobe - they're super handy for hopping on and off my bike, but still look smart.'



Philips Lumea. Continuously hair-free skin with no regrowth.*

Philips Lumea uses Intense Pulsed Light technology (IPL) to fight hair regrowth.

Each treatment with Philips Lumea applies gentle pulses of light to the hair follicle beneath the skin, sending the hair to sleep and preventing regrowth. With regular top ups, Philips Lumea will keep your skin beautifully hair free and touchably smooth.

Philips Lumea. As chosen by more than a million women.

innovation + you

*After 4-5 treatments when used as directed

Find out why more than a million women have already chosen Lumea
philips.co.uk/lumea

PHILIPS

A full-page photograph of a woman with long blonde hair, looking upwards and to the side. She is wearing a red long-sleeved blouse with a bow tie, a dark blue sleeveless vest, and dark blue trousers. She is holding a dark blue clutch bag with a gold ring detail. The background shows a city skyline with modern buildings, including the Gherkin and a building with a grid pattern.

TALK OF THE TOWN

*Cult Scandi brand **Lindex** has finally made it to the UK. And what better introduction to this fashion editors' favourite than its cool a/w 2015 collection*



This page:

Wool-mix coat, £79.99, cotton-mix trouser, £49.90, poly-mix roll-neck, £14.99, oversize tunic, £14.99, and metal necklaces, £7.99. All Lindex

Opposite page:

Leather top, £99.99, viscose blouse, £24.99, leather culottes, £179, faux-leather bag, £19.99, metal necklaces, as before, metal earrings, £3.99. All Lindex



This page: Wool-mix coat, £129, poly-mix jumper, £14.99, Leather skirt, £149, metal earrings, as before. All Lindex

Opposite page: Viscose-mix dress, £59.99, viscose-mix roll-neck, £19.99, graphic-print scarf, £29.99, metal earrings, as before, and metal bracelets, £7.99. All Lindex



30%

**OFF FOR ELLE INSIDERS
AT OUR EXCLUSIVE
IN-STORE EVENT**

ELLE Insiders are invited to Lindex's new store at Westfield London the night before it officially opens, from 6.30-8.30pm on Thursday 5 November. The ELLE fashion team will lead a trend talk; there will be music, cocktails and a goodie bag to take home. Plus 30% off purchases on the night. Register at elleuk.com/insider. Not a subscriber? Sign up today at elleuk.com/subscribe



The new online
product review site,
no need to pay a penny...

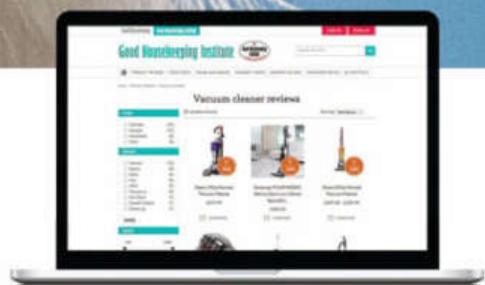


...to find out what
vacuum will really shift
a pooch's hair.



Start exploring today

Visit goodhousekeeping.co.uk/institute





CLOSET *confidential*

NICK WAKEMAN

The Studio Nicholson designer's wardrobe reveals an attention to detail that underpins her life and personal style

Words **Kerry Potter** Photography **Victoria Adamson**



▲
**LEVI'S 501
JEANS**

'I can't live without them. I get my tailor to taper the legs.'

They say the eyes are the window to the soul but with the designer behind Studio Nicholson, Nick Wakeman, it's her bicycle that tells all. Propped up against the wall of her minimalist East London apartment, it's painted a sober grey and, despite being ridden daily through London's grimy streets, is immaculate. 'Of course I clean it!' she laughs.

Ordered, considered, discreet, with a narrow colour palette: since launching in 2010, Studio Nicholson has become one of those under-the-radar brands loved by fashion editors. Its pared-down cropped trousers, tops and shirts are too low-key to attract celebrities. Wakeman recoils at the thought:



Nick lives in her signature, minimalist designs

'We have a tribe of customers all over the world; they live minimally and they don't like clothes that shout. They buy Margaret Howell and Céline and care about quality, finish and fabric.'

Wakeman's own wardrobe, she admits, houses 'an even stricter uniform' than the clothes she designs. Everything is white, black, navy or grey, and she uses Pinterest to plan purchases. She >



Nick's top shops: 1. Tokyo: 1LDK (1ldkshop.com) 'A boutique with a great brand mix.' 2. Florence: Santa Maria Novella (smnovella.it) 'I go for soap and'



Nick's East London apartment reflects her carefully curated aesthetic

CHANTECAILLE NANO GOLD ENERGISING EYE SERUM

'I keep it in the fridge so it cools my skin. It's nice to put on during a busy day.'



favours Céline shirts, a navy Cos crew-neck jumper (one of six), Levi's 501 jeans tapered by her tailor, and flats, always - Prada brogues, Nike trainers or Comme des Garçons Converse, its red heart logo a rare zing of colour. 'I like simple clothing,' she says. 'It means I can live and run my business, without spending ages deciding what to wear.'

All of which makes Wakeman sound austere, but she's not. She chats easily; she's quiet, yes, and no party animal (a shiver of horror), but loves meals out with friends. Growing up in Hampshire, Wakeman was a tomboy: at six she was designing her own clothes for her interior-designer mother to make for her.

After studying fabric and textiles at Chelsea School of Art, she cut her teeth in menswear: first in Italy for Diesel, and then for Marks & Spencer. In the late Nineties, she set up a shop on Portobello Road, selling her own label Birdie. After nine years, she sold the brand and launched the more 'grown-up' Studio Nicholson. 'I didn't draw a salary for two years,' she says. But her determination has paid off and she plans to launch a menswear line next year. As I leave, she's packing for a weekend away. It takes her two minutes: I like her style. ●



CÉLINE SHIRTS

'I've got three. They're super-stiff, so really hold their shape and look pristine when on.'



BICYCLE

'The grey paint matches my bed frame exactly. I cycle to work every day.'



rosewater.' 3. London: E5 Bakehouse (e5bakehouse.com) 'Bread under the railway arches.' 4. Paris: OFR (ofrsystem.com) 'Books, art, photography, events.'

SOO JOO PARK #MODERNVAGABOND
STOCKHOLM A/W 15

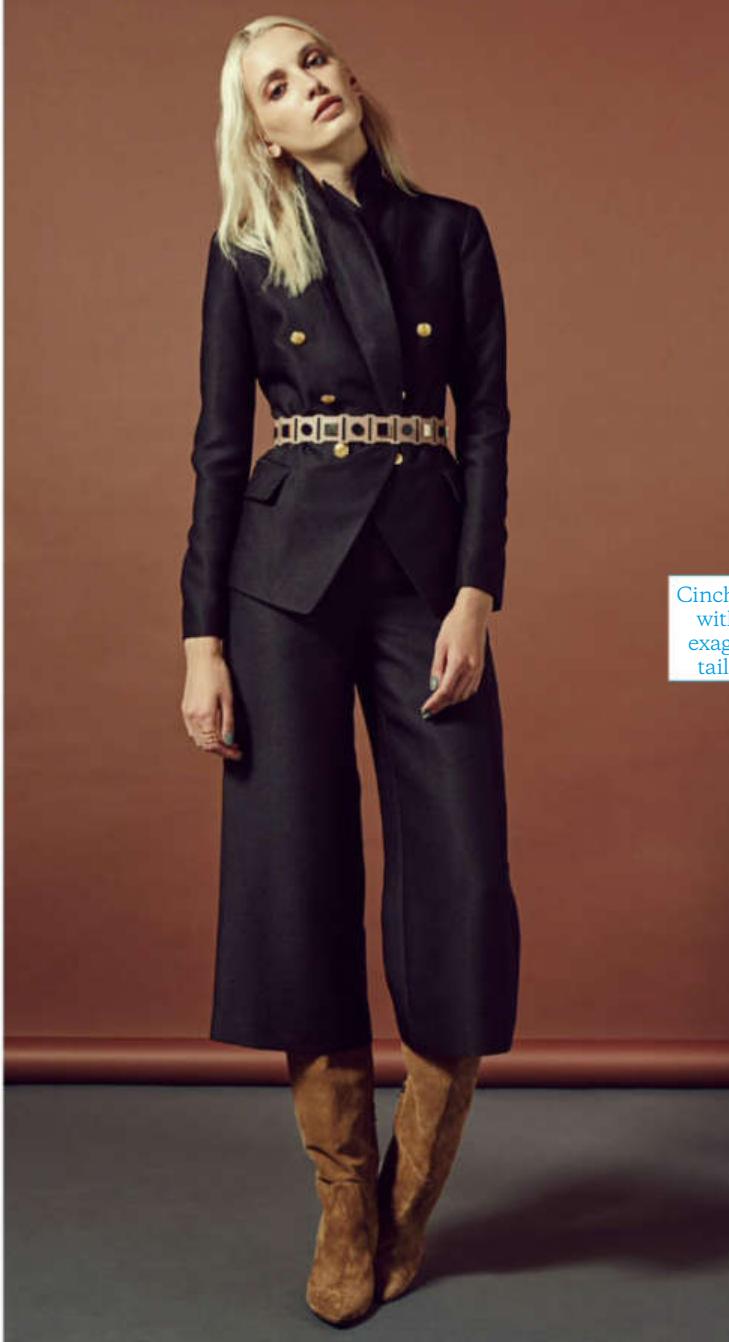


VAGABOND
SHOEMAKERS

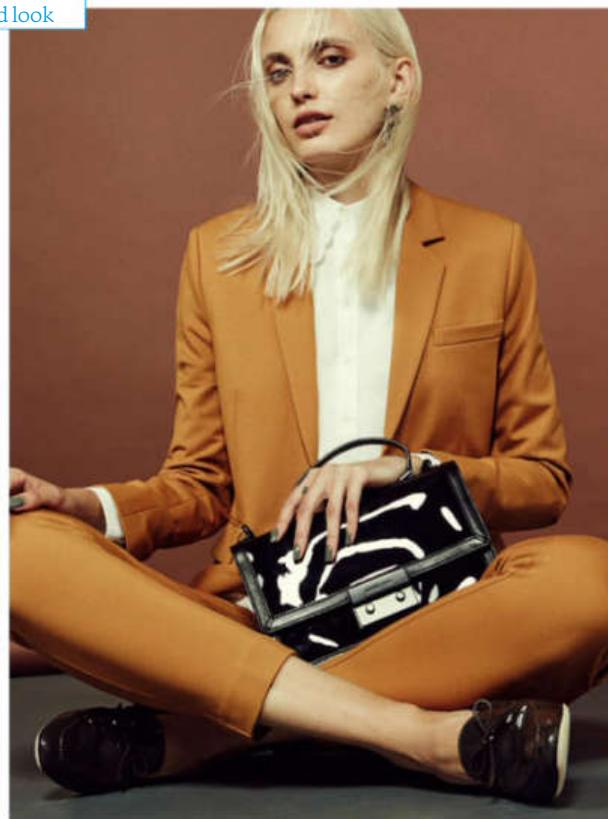
LONDON BERLIN STOCKHOLM PARIS COPENHAGEN MOSCOW MILAN

LORIBLU





Far left: Cotton jacket, £85, and matching culottes, £45, both Marks & Spencer. Suede boots, £355, Gerard Darel. Gold and silver earrings (left ear, worn throughout), £6, Asos. Gold and silver earrings (right ear, worn throughout), £24, Stella & Bow. Leather belt, £415, Tod's. Metal ring (worn throughout), £10, Accessorize
Left: Acetate glasses, £211, Giorgio Armani. All other items, as before **Below:** Viscose jacket, £215, and matching trousers, £135, both Dagmar. Cotton shirt, £135, Paul & Joe. Leather shoes, £570, Christian Dior. Leather and metal earrings, £200, Marni. Patent-leather bag, £240, MICHAEL Michael Kors



WHAT TO WEAR
AT WORK



Power match

From loose, relaxed cuts to sharp, tailored styles, it's time to **suit up**

Right: Viscose jacket, £59.99, H&M. Cotton shirt, £200, Dsquared2. Gold earring, £150, Katie Rowland
Far right: Wool trousers, £325, Karl Lagerfeld. Leather boots, £100, Aldo



Right: Cotton jacket, £115, and matching trousers, £75, both Atterley. Silver necklace, £45, and silver bracelet, £450, both Thomas Sabo.

Silver ring, £35, Pandora. Leather bag, £895, Bally

Far right: Cotton-corduroy jacket and matching trousers, both Topshop. Polyester blouse, £28, Next. Resin brooch, £130, Marni.

Gold-plated ring, £19, Accessorize

Below: Silver bracelet (model's right wrist), £79, Sif Jakobs. All other items, as before



#ELLEFASHIONCUPBOARD

Stick to
block-colour
accessories to
keep the look
smart



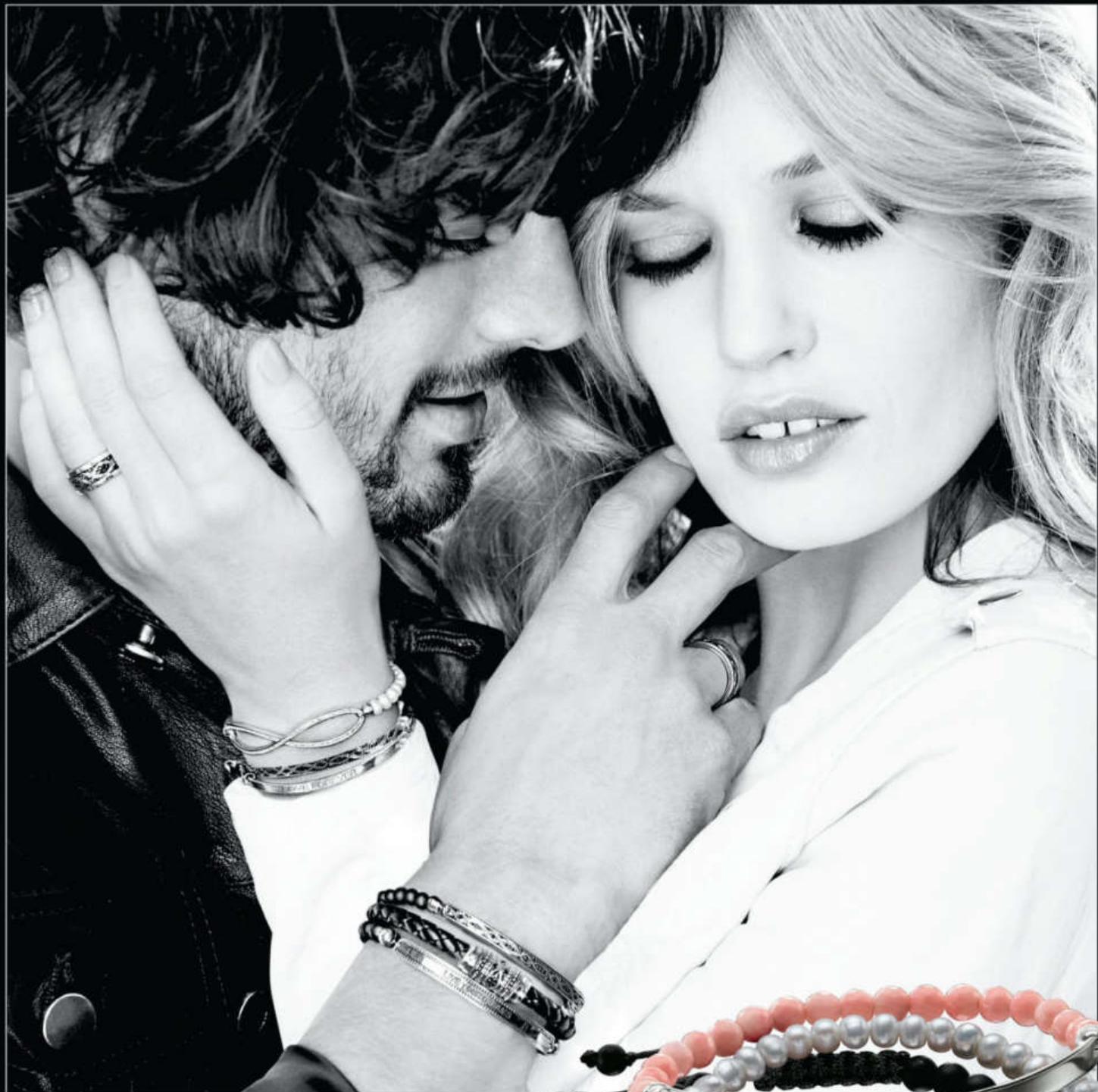
Left: Cotton blazer, £365, and matching trousers, £205, both Paul & Joe. Wool jumper, £29.99, H&M. Gold earring, as before. Leather bag, £110, Lacoste

Right: Silk-crepe blazer, £430, and matching trousers, £230, both Pinko. Mohair jumper, £165, BLK DNM. Patent-leather shoes, £280, 2ndDay. Resin earring, £7.50, Freedom at Topshop. Leather bag, £305, Gerard Darel



STYLE IT

See what Team ELLE wear to
work at elleuk.com/street-style



Thomas Sabo

LOVE BRIDGE

Make memories last –
with your complimentary
engraving.

Anne-Marie wears: 712 – Slim, £85 (below), and 711 – Skinny, £80 (right, top). All clothes by Levi's

FIRST THINGS FIRST

 @ANNEMARIEIAM


ANNE-MARIE

WEST-END

STAR Anne-Marie starred alongside Jessie J on the London stage aged just 12. **KARATE CHAMPION** The moves she pulls in her video for Karate are all her own: Anne-Marie is a triple world champion in shokotan. **RUDE GIRL** A regular on tour with dance act Rudimental. Anne-Marie features on their second album, *We the Generation* and was the first act signed to their label, Major Toms


 @LEVIS_UK


Left: 714 – Straight

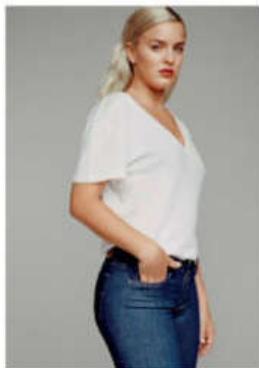
Levi's is the undisputed first name in denim. Inspired by its innovative new **700 Series**, *ELLE* invited two rising stars to share their own firsts – past, present and future

For someone whose professional career began over half her lifetime ago, you might be forgiven for thinking that when it comes to 'firsts' singer Anne-Marie has been there, seen it and worn the T-shirt out in the wash.

This Essex-born pop princess is having none of it. Yes, she first took to the professional stage in a starring role of the West End production of *Whistle Down the Wind* with Jessie J when she was just 12 years old. Yes, she's spent the past couple of years travelling the world singing with dance superstars Rudimental. Yes, she has even managed to

SHARE YOUR FIRSTS WITH

#LADIESINLEVIS



squeeze in three (three!) world karate championship titles in between those and various other achievements.

But for Anne-Marie — a gloriously enthusiastic ball of energy and wit at ELLE's shoot for Levi's new 700 Series denim range — there are still many more new and exciting things to look forward to.

Already, 2015 has seen the release of her first EP, *Karate* (complete with a video in which she gets to show off said martial arts skills), on new



THE NEW LEVI'S 700 SERIES

Above, left to right: 710 – Super-Skinny, 711 – Skinny, 714 – Straight

I'm nervous about my first solo live gig, but I feel good about it. It definitely feels like it's my time

record label Major Toms, for which she was the first act to be signed. It will also be the year that marks Anne-Marie's first solo live show.

'I'm nervous, but I feel good about it,' she says of her upcoming London gig. 'It definitely feels like it's my time.' After that, it's back on the tour bus as the support act for Rudimental's forthcoming arena tour, which takes in the UK and Europe, the US, Japan and Australia. It doesn't stop there: Anne-Marie will be releasing her debut album next year. 'I've got the songs ready,' she says. 'I've been writing for two or three years now.'

She classifies her sound as 'pop music, but not cheesy,' admitting that when she started seriously pursuing her music career about three years ago she didn't really know what she wanted to look or sound like. 'I've been lucky,' she says, considering that. 'The people around me have let me have the time to grow. I really feel that I've been given the chance to develop myself and who I am.'

As for future firsts? 'I still want to stay on music solidly,' she muses, 'but I've always wanted to have my own sunglasses brand. Oh, and I'd like to be able to fly.'

She may have added in that last one as a joke, but with Anne-Marie's successes and determination thus far? All we can say is watch this space. *Anne-Marie will be playing Oslo in London, on 21 October 2015*



Anne-Marie wears: 710 – Super Skinny, £80 (left) and 711 – Skinny, £85 (right). All clothes by Levi's

Billie wears: 715 – Bootcut, £85 (main image), and 721 – High-Rise Skinny, £85 (inserts). All clothes by Levi's

BILLE JD PORTER

ONLINE Billie's broadcasting career kicked off on Vice magazine's online video channel
ON TV Next up was a stint as a roving reporter on C4's *The Joy of Teen Sex*, before a move into documentaries on BBC3, of which *Secrets of China* is the latest
IN FASHION Billie is a favourite of French magazine *Jalouse* and has been shot for the likes of Louis Vuitton

Model, muse, TV presenter: it would be all too simple to put Billie JD Porter — who is variously all these things — into a box. But Porter defies such easy classification. For despite her current position as a poster girl for a certain type of 'yoof' TV (she made her name as a roving reporter on *The Joy of Teen Sex* and her latest series, *Secrets of China*, has just broadcast on BBC3), household-name recognition is not her end goal. 'I want to be a storyteller,' she says, 'I'm not that bothered about being in front of the camera. My plan is to get a camera and start filming and editing stuff myself and see where that takes me.'



'I travelled to New York on my own when I was 16. I've always been big on firsts — and doing them independently'

 @BILLYJDPORTER



SHARE YOUR FIRSTS WITH

#LADIESINLEVIS

To chat to Porter for any length of time is to discover that such professional — and possibly personal — restlessness is typical. She possesses a natural curiosity that comes with a need to push herself into new things. Porter started writing for magazines while she was still at school ('I lied about my age as I didn't think anyone would take me seriously if they knew I was 15') and took up her first job — in music PR — a year later, which led to writing for the likes of *Dazed & Confused* and the *NME*. But it was a trip to New York when she was 16 that proved to be truly inspirational. 'I had hardly any money and went on my own and the whole thing was a big adventure,' she says, 'so I've always been big on firsts — and doing them independently as well.'

It's something the 23-year-old has done time and again since then. 'I've travelled so many places on my own; it's really liberating to walk around a country you don't really know or understand,' she enthuses. 'Having those experiences is really important because — and this is going to sound so cheesy — it reminds you who you are. When you're with your friends you know where you fit in and you know how you behave in a certain dynamic, but I think you really know who you are when you can't speak the language and have to try and communicate.'

Right: 715 — Bootcut



So what next? Alongside her planned move behind the camera — she cites hands-on, pioneering documentary filmmakers such as Nick Broomfield and Crystal Moselle (whose award-winning film, *The Wolfpack*, has been one of the indie hits of the summer) as influences in the kinds of films she's hoping to make — Porter's dream first, would in fact bring her full circle to the first pursuit she was passionate about: writing.

'I guess writing a book would be my ultimate first — that's been a fantasy of mine since I was about seven. I used to write little books and try to laminate them with sellotape. I've got about 18 starts of novels on my laptop and have had meetings with publishers but there's so much procrastination.' She laughs at herself. 'I guess it's a case of just doing it!' Wisely said. ● *Secrets of China* is available to view on BBC iPlayer until the end of October

@LEVIS_UK

Billie wears: 501 — CT, £95. All clothes by Levi's



LEVI'S 700 SERIES: MADE FOR FIRSTS

The creator of the world's first ever pair of women's jeans over **80 YEARS AGO**, Levi's new 700 Series boasts **SIX KEY STYLES** in innovative stretch denim designed to flatter, hold and lift. Legendary style meets **FIRST-CLASS FIT**. Who knows what you'll do for the first time in your new Levi's 700 Series?



FIND OUT MORE Explore all six styles in the Levi's 700 Series at levi.com

Above: 501 — CT (left), 721 — High-Rise Super-Skinny (right)

A woman with long, wavy brown hair is standing against a solid beige background. She is wearing a red and black plaid long-sleeved shirt and dark blue jeans. Her left hand is resting on her hip, and her right arm is bent with her hand near her shoulder. To her left, a yellow wooden chair with a metal frame is partially visible, angled towards the left.

PAUL & JOE

COMING SOON OCTOBER 2015 - 28 BRUTON STREET, LONDON W1J 6QW - WWW.PAULANDJOE.COM

SHE'S WITH ME WHAT SHE SAID UPRISING TAKE ACTION! RISE TO
#SQUADGOALS SUPPORT OTHER WOMEN STRONGER TOGETHER MORE
WOMEN FOR #MOREWOMEN COLLECTIVE REVOLUTION EQUALITY
WE CAN DO RESPECT THE TIME IS NOW STRONG WOMEN EQUAL PAY
JUSTICE FAIRNESS SHE'S WITH ME WHAT SHE SAID UPRISING TAKE ACTION!
RISE TOGETHER #SQUADGOALS SUPPORT OTHER WOMEN STRONGER TOGETHER MORE

ELLE celebrates the power of female solidarity. From Copenhagen to Kabul, computer programmers to racing-car drivers, we are combining our voices, skills and enthusiasm to support each other and demand fairness and equality for all. It's time to stand up for...

Photography Ruvan Wijesooriya

@ELLEUK

#MORE WOMEN

WE CAN DO RESPECT THE TIME IS NOW STRONG WOMEN EQUAL PAY
JUSTICE FAIRNESS SHE'S WITH ME WHAT SHE SAID UPRISING TAKE ACTION!
RISE TOGETHER #SQUADGOALS SUPPORT OTHER WOMEN STRONGER TOGETHER MORE
WOMEN FOR #MOREWOMEN COLLECTIVE REVOLUTION EQUALITY
WE CAN DO RESPECT THE TIME IS NOW STRONG WOMEN EQUAL PAY
EQUAL PAY UNITED JUSTICE FAIRNESS SHE'S WITH ME WHAT SHE SAID UPRISING TAKE ACTION!
RISE TOGETHER #SQUADGOALS SUPPORT OTHER WOMEN STRONGER TOGETHER MORE WOMEN FOR #MOREWOMEN COLLECTIVE REVOLUTION EQUALITY
WE CAN DO RESPECT THE TIME IS NOW STRONG WOMEN EQUAL PAY UNITED JUSTICE FAIRNESS

#MOREWOMEN

Introduced by Lorraine Candy,
Editor-in-Chief

WE STARTED OUR DEBATE ON FEMINISM TWO YEARS AGO IN ELLE, WHEN I ASKED IF THE WORD NEEDED REBRANDING FOR A NEW GENERATION. THEN LAST YEAR, WHEN EMMA WATSON STARRED IN OUR FIRST-EVER FEMINISM ISSUE, WE SUPPORTED THE UN WOMEN'S #HEFORSHE CAMPAIGN AND URGED MEN TO JOIN THE EQUALITY CONVERSATION. THIS YEAR, WE'VE DECIDED TO CELEBRATE THE POWER OF WOMEN AS A COLLECTIVE. WE ARE STRONGER TOGETHER. OUR COLLECTIVE VOICE IS LOUDER SO MORE PEOPLE WILL LISTEN.

In this issue I'm asking you to do something very special: I want you to help empower every woman - not just the ones you favour, the ones you love and like or agree with.

I'm asking you to support those with different ideas from yours, for you to 'do right' by other women, and to welcome into the fold those women whose ideology you may not always approve of - whose appearance or lifestyle you may not value in the same way you value yours.

Why? Because silence is no longer an option. We need equal pay, we need a fair and humane judiciary for those of us who have suffered assault or abuse, we need an equal path to success at work, we need flexibility

when we have a family, we need our value in society to be the same value as that of a man. We also want the same opportunities and choices men have so that our world is fairer for all, more economically successful for our future and a happier place to live in.

How do we do this? Here at ELLE we believe it starts by being kinder in our thoughts and language around other women; by thinking before we judge, by refusing to criticise each other despite the temptation.

Of course we must continue to call out racism and sexism,



women who make the lives of other women more difficult, and those who advocate violence or cruelty in any form, but let's be careful how we do this. The conversation today has to be how we can all be better, not how we can be better than one another. We have to support each other.

Women's capacity to mobilise and stand up for each other on social media is something I've been particularly moved by in 2015. It's been a year of high-profile campaigns: from the women speaking out about Bill Cosby's alleged sexual assault, and the exposing of systematic sexual abuse in US universities, to the highlighting of a lack of women in science, technology, engineering and mathematics (STEM) fields, and the backlash to Protein World's misjudged Beach Body ad

campaign. This year has also seen some horrific stories, including the news of two sisters in India sentenced to rape as a punishment for their brother's extra-marital affair.

When one of us suffers an injustice, be it physical or mental, millions of us leap to her defence. We are beginning to utilise our collective voice as a truly positive force.

So tearing down another woman for her

choices is no longer acceptable. No one is a perfect feminist - or, indeed, a perfect woman. We all face different and challenging oppressions in all walks of our lives. Let's recognise that today and foster a new, more inclusive female society with the language we use.

We all have something relevant to add to the conversation on equality, because we are all women. Over the next few pages we introduce you to some of the new girl squads working together who we feel are helping change the way the world talks about all women.

We celebrate these women - as you should. And we celebrate the women in your squad as well.

This empowering multi-media ELLE

project is for each of us who has ever taken the time to think, 'How can I help her?', 'How can I empower her?', 'How can I promote her?' or, maybe, 'How can I heal her?' As the feminist Rebecca Solnit wrote this year: 'Women are coming out of a silence that has lasted for so long, no one can name a beginning for it.'

Please make sure you use this growing voice to support each and every other woman who is finding her voice, too. End the silence. #morewomen



Meet five squads who are working to motivate, educate, inspire and empower. It's time to follow their lead >



Photography: Ruhan Wilkeson Iva.

Further to go: The incredible Parkour DK Women. Turn to page 192 to read their story

SOLIDARIT

MEA

TO B

WEL

CREA

A PO

CULT

THAT

ALLO

EXPR

AND

ENHA

CREA

IT IS

TO B

ASSH

REAL

HERO

ARE

AND GIVE

AND GAIN

RESPECT.



Above: The spray-can artists of Femke Fierce make up the world's largest all-female street art and graffiti collective

#MOREWOMEN

FEMME FIERCE @FEMMEFIERCEUK



ESTABLISHED March 2014.

THE PLEDGE 'We are dedicated to discovering and highlighting the best of the emerging female artists on the street-art scene in the UK and beyond.'

WHY YOU SHOULD CARE They are the world's largest all-female street art and graffiti collective.

UNIFORM Wear whatever you like, so long as you can paint in it.

BIGGEST HURDLE Getting funding for their yearly London festival.

BIGGEST WIN When 50 artists painting in London's Leake Street Tunnel drew a crowd of over 10,000 in one day [March 2015].

MOST LIKELY TO Create HUGE public art murals in the UK and internationally.

SLOGAN 'Let's paint.'

GROUP HEROES Street artists Swoon, Klor (123Klan), Odeith, MadC, Nychos, Aryz, Phlegm, Dank.

HASHTAG #FemmeFierce.

THE POWER TO... 'Highlight the array of talent on a common platform.'

SOLIDARITY MEANS... 'To be welcoming, creating a positive culture that allows expression and enhanced creativity. It is easy to be an asshole, real heroes are kind and give and gain respect.'

DO SAY 'Can I paint, too?'

DON'T SAY 'Do you know Banksy?'

SQUAD SOUNDTRACK 'Hip hop and drum and bass, or anything else that gets your creative juices flowing.'

COMPULSORY READING

Inspiring City (inspiringcity.com); Street Fonts: Graffiti Alphabets From Around The World by Claudia Walde (Thames & Hudson, £19.95).

RULE 'Leave no wall blank.'



SPEED SISTERS

@SPEEDSISTERFILM

ESTABLISHED 2009.

THE PLEDGE To smash the stereotypes. This team of women are tearing up the West Bank's male-dominated car-racing scene.

WHY YOU SHOULD CARE

They're the first all-women race-car-driving team in the Middle East.

UNIFORM Fire-proof racing suits.

BIGGEST HURDLE Finding places to practise, despite military occupation and restrictions on freedom of movement.

BIGGEST WIN Starring in the documentary *Speed Sisters*, out March 2016.

MOST LIKELY TO Get a speeding ticket.

LEAST LIKELY TO Stay home on a Friday night.

SLOGAN 'Born to speed.'

HEROES Speed Sisters' teammates Marah Zahalka, 24, the fastest woman in Palestine, and Noor Daoud, 30, the only female drift racer in the Middle East.

HASHTAG #SpeedSisters.

THE POWER TO... 'We grew up not knowing that car racing was a possibility for us. Now young girls and boys come up to us and say, "We want to be like you."

SOLIDARITY MEANS... 'We compete against each other, but we are a team; we support each other no matter what.'

DO SAY 'Yalla' (let's go).

DON'T SAY 'Stop.'

SQUAD SOUNDTRACK *Put It in a Bag* by Who Killed Bruce Lee, *Baji Wenek* by Apo & The Apostles.

COMPULSORY WATCHING

The Fast And The Furious – and the six others that come after it.

RULES 'Respect yourself and respect others. And drive as fast as you can!'

Below (from left): Speed Sisters Betty Saadeh, Marah Zahalka, Noor Daoud and Mona Ali



#MOREWOMEN



From left: Mergime Raci, Magdalena Krön, Caylee Farndon-Taylor and Cathy White

4NYTH1NG IS P0551BLE, WE 8E11EVE CONF1DENCE 4ND 4M81T10N 15 KEY
D0NT 54Y <1 D0NT TH1NK 1 C4N D0 1T>
5H0UT 480UT WH4T Y0U H4VE 4CC0MPL15HED
RE 4NYTH1NG IS P0551BLE, WE 8E11EVE CONF1DENCE
AMBITION 15 KEY D0NT 54Y <1 D0NT TH1NK 1 C4N D0 1T>
Y0U H4VE 4CC0MPL15HED 8E 8R4VE

4NYTH1NG IS P0551BLE, WE 8E11EVE CONF1DENCE 4ND 4M81
D0NT 54Y <1 D0NT TH1NK 1 C4N D0 1T>
5H0UT 480UT WH4T Y0U H4VE 4CC0MPL15HED
8E 8R4VE

RE 4NYTH1NG IS P0551BLE, WE 8E11EVE CONF1DENCE
AMBITION 15 KEY D0NT 54Y <1 D0NT TH1NK 1 C4N D0 1T> 5H0UT
Y0U H4VE 4CC0MPL15HED 8E 8R4VE

4NYTH1NG IS P0551BLE, WE 8E11EVE CONF1DENCE 4ND 4M81
D0NT 54Y <1 D0NT TH1NK 1 C4N D0 1T>
5H0UT 480UT WH4T Y0U H4VE 4CC0MPL15HED
8E 8R4VE

4NYTH1NG IS P0551BLE, WE 8E11EVE CONF1DENCE 4ND 4M81
D0NT 54Y <1 D0NT TH1NK 1 C4N D0 1T>
5H0UT 480UT WH4T Y0U H4VE 4CC0MPL15HED
8E 8R4VE

GEEKGIRL MEETUP @GGMUK

ESTABLISHED 2011 in London, 2009 in Stockholm.

THE PLEDGE 'Our aim is to highlight female role models in tech, inspire others, and create networks for mentoring and sharing ideas.'

WHY YOU SHOULD CARE They're serious about getting more women interested in tech, but they have fun doing it – hosting regular meet-ups with inspiring speakers.

BIGGEST HURDLE 'Not being seen as a women-only events organisation – we aim to be inclusive at our gatherings. Though our focus is on highlighting women in the industry, it's important that we open our doors to everyone.' (Men are allowed at the events if accompanied by a woman.)

BIGGEST WIN 'Our annual conference in London that brings together 200 women working in tech, with inspirational female speakers.'

UNIFORM Come as you are. **MOST LIKELY TO** Have coffee and eggs at Ozone Coffee Roasters in London – their regular catch-up spot.

LEAST LIKELY TO 'Say no. We'll find an opportunity in everything.'

SLOGAN 'Anyone can get on stage; anyone can share their knowledge.'

GROUP HERO Dame Stephanie 'Steve' Shirley, a British information technology pioneer, philanthropist and businesswoman.

HASHTAG #WomenInTech. **THE POWER TO...** 'Provide support as well as empowerment; to have

the courage to challenge yourself and society.'

SOLIDARITY MEANS... 'Everyone should explore and be open to the tech industry, whether your work is directly impacted by it or not. It is the future and it opens a world of opportunity to all.'

DO SAY 'Anything is possible. We believe confidence and ambition are key, and we want to support our members to reach their goals.'

DON'T SAY "I don't think I can do it." We hear this a lot from women lacking confidence in what they have accomplished.'

SQUAD SOUNDTRACK Just A Girl by No Doubt.

COMPULSORY READING Bossypants by Tina Fey. **RULES** 'Bring your own ideas.'



Left: The Parkour DK Women squad

Below (can you spot Estelle?): Beverly Bond, Glenda Smiley, Helen Simmons-Collen, Ebonierose Wade, Quan Lateef, Michaela Angela Davis, Angie Beyince, Janell Snowden, Tai Beauchamp, Rahiel Tesfamariam, Keli Goff, Elle Varner, Rapsody, Estelle, Ellen McClain, Tatyana Ali, Khadijah Sharif-Drinkard, Shola Lynch, Tamika Mallory, Renata Archie, Dr Michelle Callahan

PARKOUR DK WOMEN

ESTABLISHED September 2009 in Copenhagen.

THE PLEDGE 'It is our ambition to make movement a positive and natural part of life. And to create a space to share enthusiasm, insight and recognition.'

WHY YOU SHOULD CARE Through female free-running, these women are owning their city in a powerful way.

UNIFORM Proper shoes and comfortable clothes.

BIGGEST HURDLE 'Getting women to believe that they can move, challenge themselves and be strong.'

BIGGEST WIN 'Bringing 50 women together every year since 2010 for Copenhagen Girls Gathering, two intense days of parkour.'

MOST LIKELY TO 'Have fun and be creative.'

LEAST LIKELY TO 'Give up.'

SLOGAN 'Let's get moving.'

HEROES 'The group. We help and inspire each other.'

BE
C
R
E
A
T
I
V
E

HASHTAG #becreative.

THE POWER TO... 'Find the strength to be ourselves.'

SOLIDARITY MEANS...

'Supporting each other mentally and physically.'

DO SAY 'Try again.'

DON'T SAY 'I can't do it.'

SCOUT SOUNTRACK *Kiara* by Bonobo.

COMPULSORY READING *Ciné Parkour* by Julie Angel.

RULES 'We start together; we finish together.'



BOSS UP
SEEK SOLUTIONS
REACH HIGHER
HAVE INTEGRITY
BE GRATEFUL
PAY IT FORWARD

HEAR IT

Listen to the Black Girls Rock! playlist – follow ELLEUK on Spotify

#MOREWOMEN

BLACK GIRLS ROCK!

@BLACKGIRLSROCK

ESTABLISHED January 2006.

THE PLEDGE 'To celebrate the brilliance, power and accomplishments of women throughout the African diaspora. To mobilise, empower and inspire black women and girls to lead, innovate and serve.'

WHY YOU SHOULD CARE This global movement has a dynamic group of talented and philanthropic women at the helm, and is committed to mentoring the next generation and challenging perceptions.

UNIFORM Glam rock, all-black everything.

BIGGEST HURDLE Raising the financial capital needed to sustain and expand programming annually.

BIGGEST WIN Elevating black women's voices, and highlighting their contributions to society via our annual Black Girls Rock! award show. (Not to mention gaining support from Michelle Obama, no less.)

MOST LIKELY TO Lead progressive change.

LEAST LIKELY TO Turn away in the face of injustice!

SLOGANS 'Empower a girl; change the world' and 'Each one teach one'.

GROUP HEROES 'All truth tellers and seekers, visionaries, dreamers, creatives, innovators, freedom fighters, survivors, philosophers and change-makers. The endless list of black girls who rock.'

HASHTAGS #BlackGirlsRock, #BlackGirlMagic.

THE POWER TO... 'The integrity, vigour and zealous action of the collective is critical for progressive change. It takes a village to raise a child and it takes the tremendous resources of the collective to cultivate empowered communities.'

SOLIDARITY MEANS 'All for one and one for all. Solidarity epitomises the power of the collective.'

DO SAY 'I am. I can. I will.'

DON'T SAY 'I can't.'

SQUAD SOUNDTRACK 'I'm Every Woman' by Chaka Khan.

COMPULSORY READING

We Should All Be Feminists by Chimamanda Adichie.

RULES 'Boss up. Seek solutions. Reach higher. Have integrity. Be grateful. Pay it forward.'



**THERE ARE MORE MEN
CALLED JOHN IN THE
FTSE 100 THAN THERE
ARE... WOMEN.****

Men account for 88%
of those working in the
better-paid industries
of science, technology
and engineering.*
Not OK.



Female leaders of FTSE 100
companies are outnumbered by Davids,
Ians, Marks or Andrews (or variations
of those names) by nearly 5:1.**

HUH?

NOT GOOD

Women make up 78% of
those working in health and
social care, a generally
low-paid sector. **Aren't we
worth more?***



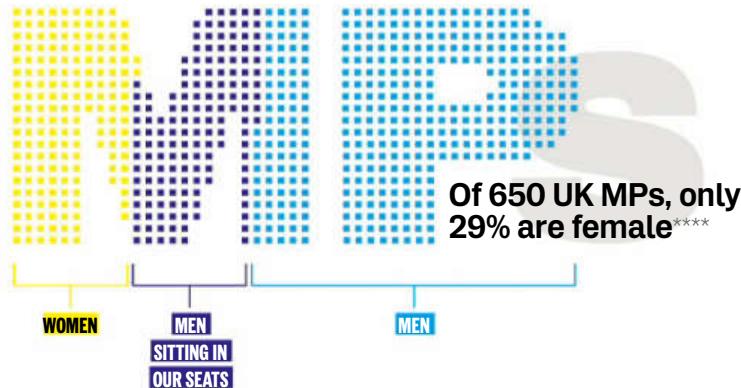
**WE ARE
STRONGER
TOGETHER**

Supporting other women will get us **everywhere faster. Fact.**

Our power and potential is fierce

* Source: The Fawcett Society. ** Source: *The Guardian*. *** Source: Office for National Statistics.

#MOREWOMEN



In the UK, the gender pay gap stands at 17.5%, with women on average earning £5,000 less a year than their male colleagues.***

The Equality and Human Rights Commission estimates it will take 70 years at the current rate of progress to see an equal number of female and male directors of FTSE 100 companies. **That's too long.******

ENOUGH

54% OF WOMEN WORKING PART-TIME IN THE UK HAVE BEEN FOUND TO BE 'EMPLOYED BELOW THEIR POTENTIAL', WHICH AMOUNTS TO 2.8 MILLION WOMEN.*****

The UK has slipped from 18th to 26th in the rankings of its Global Gender Gap Report (that's down 17 places since 2006, when the UK was ranked 9th. **Ouch.**)[†]



when we collaborate to achieve our ambitions. [Join our campaign >](#)

**** Source: Press Association. ***** Source: Equality and Human Rights Commission. ***** Source: TUC. [†]World Economic Forum Global Gender Gap Survey 2014

(So long, John)

#MOREWOMEN

GLOBAL DIRECTORY

Find a squad. Get inspired. Support each other



SKATE LIKE A GIRL

@skatelikeagirl

By encouraging girls to skateboard, this group promotes female leadership and social justice.

WAVES OF FREEDOM

@waves_freedom

This group uses surfing as a means of empowerment and a route to positive social change.

WOMEN IN FOOTBALL

@WomeninFootball

Sports writer Anna Kessel co-founded and chairs this network of women in the football industry.

WOMEN OF THE WORLD FESTIVAL

@wotweetuk

This week-long programme of talks, workshops and performances celebrating women was established by the Southbank Centre's artistic director, Jude Kelly. It now has a global presence.



GIRLGUIDING

@girlguiding

The UK's leading girls' charity inspires confidence and ambition in its 550,000 members.

THE DOLLHOUSE

@Dollhouse_AU

Actress Rose Byrne heads this production company, boosting gender equality in film, TV and theatre.

EVERY MOTHER COUNTS

@everymomcounts

Christy Turlington's organisation aims to make pregnancy and childbirth safe for every woman.

ROOKIE MAG

@RookieMag

Brainchild of zeitgeist-pushing Tavi Gevinson, this is an online community for teenage girls.

UK FEMINISTA

@UK_Feminista

This group intends to inspire and enable campaigns for equality between women and men.

GIRLBOSS FOUNDATION

@nastygal

Sophia Amoruso, author of #GIRLBOSS and Nasty Gal founder, supports new entrepreneurs.

JOIN THE #MOREWOMEN CAMPAIGN

From 1 October, please share a photo of you with your most powerful group of women on Instagram/Twitter/Facebook, along with this pledge:

One woman's success makes every woman stronger. More women for #MoreWomen #ELLEFeminism

THE ARDOROUS

@petraccollins

Artist Petra Collins has assembled a host of female creative professionals and established a digital platform (theadorous.com) to showcase their collaborative and individual projects.



THE QUARTER CLUB

@TheQuarterClub

For creative women fed up with negative conversations catastrophising the 'quarter-life crisis'. This network initiates a positive dialogue around age, career, gender and finances.



EVERYDAY SEXISM PROJECT

@EverydaySexism

Initiated by feminist writer Laura Bates, this project catalogues instances of sexism, proving it remains a prevalent problem for women globally.



MOUNTAIN2MOUNTAIN

@Mtn2Mtn

This women's cycling advocacy group in Afghanistan challenges perceived gender barriers.



SOAPBOX SCIENCE

@SoapboxScience

Top female academics take over public areas promoting women in science.



WOMEN'S EQUALITY PARTY

@WEP_UK

Political party for equality founded by Sandi Toksvig and Catherine Mayer, run by Sophie Walker. ●

READ IT Get online to see our complete squad directory on elleuk.com

FARROW&BALL

CRAFTSMEN IN PAINT AND PAPER



DISCOVER THE DIFFERENCE IN SHOWROOMS, STOCKISTS AND ONLINE

WWW.FARROW-BALL.COM

Ceiling: James White® Estate Emulsion, Walls: Calke Green® and Breakfast Room Green® Estate Emulsion, Woodwork: Green Smoke® Estate Eggshell



SHE'S IN FASHION

*So who better to showcase
Folli Follie's vibrant new
collection than model
and DJ Amber Le Bon*

*'I love this Santorini
Flower pendant.
It adds sparkle and
luxe to any outfit'*



'I love this watch - it's so fun and easy to wear'

Below: Rose-gold plated watch, as before, rose-gold plated 'Logomania' ring, £50, 'Heart4Heart' mini ring, £95 (set of three), faux-leather cut-out tote, as before



'This bag is great. It goes so well with everyday jeans and shirts and is a good size for daytime'



Fashion and music are both really important to me,' says model and DJ Amber Le Bon. 'DJing is a way for me to integrate my two passions.' Such enthusiasm and lust for life makes Amber a natural fit for Folli Follie's new Santorini Flower collection. 'The collection really reflects my personality as I'm quite a bubbly, fun person,' Amber agrees. 'It lifts my spirits, as it makes me think of the summer and the sun.' The collection is perfectly crafted to bring flair to every aspect of a passionate, fashionable life. Just ask Amber.



FIND OUT MORE Discover the complete a/w 2015 Santorini Flower collection by Folli Follie at folli follie.co.uk

SANTORINI FLOWER

The nights may be drawing in but Folli Follie's a/w 2015 collection looks firmly towards the warmth and richness of the label's Greek heritage. Let the Santorini Flower collection uplift your wardrobe and your senses with beautiful jewellery, vibrant accessories and Swiss-made watches. Here comes the sun!





@SCAHALAN

A beautiful mind

When Susannah Cahalan's identity unravelled following a rare and devastating illness, it was a dress that helped her reconnect to the woman she was before, and could be again. Here, she tells her story

Something clicked for me this year. Maybe it's because I turned 30, or because I moved to Brooklyn, where dressing is elevated to a competitive art form, but I finally purged my crowded closet. Out went the too-short polka-dot dress I bought in New Orleans last year, the vintage raccoon-fur coat I purchased in my 20s that made me look deranged, and my mum's 1980s shoulder-padded blazer, clearing space for me to grow into the immaculate person I imagine I will one day become.

But there's one item I won't throw out: my pink dress. The simple sheath dress has hung unworn in my closet for the past six years. Like the ex's sweatshirt you refuse to part with, the T-shirt of the band you used to love but now makes you cringe, the too-tight jeans

from college you swear you'll fit into again, these are the skins of our past that we can't shed, the selves we once were and still may be.

I wore the pink dress once, at my stepbrother's wedding in 2009, during what I would later call 'my month of madness' (which became the subtitle for a memoir I wrote about that time). When you write about your life and release it into the wild, you lose your grip on that experience. In each retelling, your connection to that story slackens. Those trials and triumphs become less real. You begin replacing the pronoun 'I' with 'she'. But my pink dress remains rooted to that past more than any other physical object or memory. That dress is a straight line connecting the Susannah then to the Susannah now.

Pre-pink dress, I was an ambitious and brash 23-year-old tabloid reporter, just out of school, living on my own in Manhattan, and embarking on my first serious adult relationship with a mop-haired musician named Stephen. I loved my job, loved navigating the city, and loved being in love. Nothing could stop me. Not even an email from my stepbrother's girlfriend asking me to be in her bridal party. We weren't particularly close but I accepted out of a combination of duty and curiosity - I had never been a bridesmaid before.

But then life happened, as it has the habit of doing. At first, I felt off, tired and unfocused, unable to concentrate on work. My left side tingled like a case of pins and needles, and I began obsessing over imaginary bed bug infestations. I found that I could no longer control the machinations of my mind, finding myself one moment slumped on the floor hysterically sobbing, the next galloping around the newsroom, announcing my plans to take over the world with my craft, higher on life than I've ever been before or since. Then I had a seizure.

More followed. And my behaviour grew increasingly bizarre. I tried to jump out of a moving car, nearly threw myself from my father's apartment window, and believed that my mother had hired actors to play the roles of doctors and nurses to 'teach me a lesson'.

Confused and frightened, my divorced parents rallied together to have me hospitalised after the first doctor I saw insisted I was merely suffering from 'partying too much and working too hard'. Once in the hospital, my behaviour intensified. I tried to escape, ripping out IVs in the process, and ran screaming down the hallways until I was tackled, medicated into submission, and restrained to my bed. I believed I could age people with my mind and that the nurses were really undercover reporters monitoring my every movement to sell to the papers.

The doctors believed I was suffering from a psychotic breakdown; my parents and boyfriend did not. They continued to fight.

Two weeks in, the psychosis stopped and other symptoms emerged. I could no longer read or write, and hardly spoke. I started slurring my words and could not swallow liquids. For hours on end I would hold my hands out in front of me in unnaturally rigid poses.

Just in time, Dr Souhel Najjar, who my mum christened 'Dr House' (as in Hugh Laurie's eccentric diagnostic genius on the TV drama *House*) joined the team and during his first visit, asked me to draw a clock. He recalls that I struggled to form the circle and then painstakingly drew in the numbers. After several minutes, he looked down at the paper and nearly applauded. All of the numbers - one through 12 - were squished together on the right side of the clock face, the 12 landing where the six should have been. This was the first definitive proof that I was not suffering from a psychiatric condition and evidence, Dr Najjar told my parents, that my brain was 'on fire'. Hearing this

frightening sentence was oddly reassuring for my parents. They were heading towards an answer.

With some additional tests, a brain biopsy and a spinal tap, Dr Najjar diagnosed me with a newly discovered brain disease called anti-NMDA-receptor autoimmune encephalitis, which occurs when the immune system begins to target and attack the brain. I was the 217th person to be diagnosed with the disease, which was named just two years before my illness struck. With aggressive treatment, Dr Najjar believed that I could recover 80% of my cognitive abilities. These moments - the time that my life was saved - are entirely lost. I have retained no memories of the clock test, the diagnosis, or my release from the hospital. My mind was not yet capable of such complex gymnastics: I was too busy surviving. That this dead blankness exists frightens me to this day.

I was still 'severely impaired' when I left the hospital. The staff believed I would need a 24-hour nurse to aid me in the basics of bathing and dressing. Most doubted I would return to my job as a journalist. Stephen won't admit it, but he was concerned I would never return to being the person he fell in love with. I was too incapacitated to fully understand the situation, but I believe there was a deep fear brewing of the 'What if?' What if this was the end of the recovery road? What if I'd never write again? What if the new Susannah had nothing in common with the old one?

I moved back to my childhood home in New Jersey, my days now revolving around doctors' appointments, candy-coloured medications - steroids, anti-anxiety, anti-psychotics, anti-epileptics - and waiting for Stephen to take the commuter train from Manhattan to New Jersey to sit and watch television with me. Very few memories from this time remain. My brain

was still too damaged and too fragile for things to stick.

But I am able to recall one painful phone call - perhaps because it wounded me so deeply.

'I think it might be too much for you,' the bride said, choking back her own sobs.

'Obviously,' I thought then, 'she's embarrassed of me.' This, after everything, was almost too much to bear. Even though I now know this decision was made out of concern for me, I couldn't help but believe that I had become a burden, a source of shame that was too pathetic even to be a bridesmaid.

Shortly after the call, my stepfather drove me to the mall to return my powder-blue bridesmaid's dress. There I spotted it: the pink dress, dwarfing all the other sensible clothes like a Technicolor trump card. I needed to try it on. Brain injury recovery is often like reliving the stages of life development. I was heading back into adolescence and this dress would be my first quiet act of rebellion. >



My waifish hospital body fit into the store's smallest size, prompting the salesperson to say, without any apparent irony, 'I'm so jealous.'

Wherever you are, Ann Taylor salesperson, thank you. I must have made an odd picture with my brain biopsy scar, my stooped-over old-lady walk, and my puffy steroid face, but still she was 'jealous'. It doesn't matter if she wasn't being genuine - this was exactly what I needed to hear.

A few weeks later, Stephen and I travelled from New Jersey to the wedding at a manor house in Hudson Valley, New York State. It was the perfect spring day in the perfect setting. The bride was gorgeous and the groom was thrilled. Grapevines climbed the gates and wildflowers ran along the property as far as the eye could see. The weather behaved and I felt like a bona fide badass in my pink dress flanked by handsome Stephen in his modern Beatles suit. If you didn't look too close, we seemed like just your typical hipster couple.

I had a ball. My first sip of alcohol since the hospital was top-notch champagne. Stephen and I did the twist to The Foundations' *Build Me Up Buttercup* and led our table in a sing-along to Neil Diamond's *Sweet Caroline*. However, my most visceral memory happened before the wedding at our hotel, standing with Stephen under the most amazing shower we'd ever

seen: five shower heads ran along the length of the stall, sprinkling our naked bodies like a summer rain. For the first time since the hospital, I forgot about my scar, my steroid face, and the puncture wounds on my neck from the blood treatments. It was just Stephen and I, naked and young in the shower having the time of our lives.

But memory is a funny thing. I had the luxury (or curse) of returning to that wedding weekend through the eyes of others when writing my book, and my experience could not have been more divorced from the perceptions of my family members.

'Dead eyes, flat effect,' my stepsister summed up my look in one phrase during a book interview.

'You reminded me of someone with autism who had to teach herself how to interact with the world,' my stepsister-in-law said. 'Your dancing looked a little robotic. Not to be mean, but like Mr. Roboto.'

I learned that one guest even approached my mother and said: 'I'm so sorry to hear what happened to Susannah. It's so sad. She's so different. She's just completely lost her spark. I mean, do you think she'll ever get back to her old self again?'

How can these two realities - my memory of killing it on the dance floor and feeling sexy and alive, versus their memory of x and y and z - co-exist? How could I have believed I was exerting my independence when I was really eliciting pity? This is a perfect example of what philosophers and researchers call the subjectivity of experience. Not only do we possess different memories of the same event, the way my brain processes the world and encodes experiences into

memories is different from the way that your brain does. We exist in our own realities.

Maybe this is why I can't rid myself of the dress. I know on some level that I felt all the things my guests saw in my behaviour - I can see the hesitancy, the dead eyes and the lack of confidence in the wedding pictures - but it doesn't change my experience of the event. I found joy there. And my bullheadedness, my almost delusional tenacity, and that pink dress, helped me do it. The dress is the part of myself that pushed through all that uncertainty, never allowing me to fully acknowledge the question of 'Will I ever be the same again?'

People often ask me, 'How have you changed?' Well, I can say this: Though I'm more comfortable in my own skin and mind than ever before, I no longer have the guts to wear something so pink and so tight. And so my pink dress hangs amid a sea of blacks and blues, reminding me that even at my most damaged and vulnerable, I am capable of courage. ●



TWEET IT Does an item of clothing mean a lot to you? Share your story @ELLEUK



#SIMPLYBE UNIQUE

See more at SimplyBe.co.uk or shop in-store

ORDER UP TO 8PM FOR NEXT DAY DELIVERY*

ADDITIONAL CHARGE OF £3 PER ORDER PLUS USUAL P&P CHARGE WILL APPLY. ORDERS MUST BE PLACED BY 8PM BY TELEPHONE OR ONLINE ONLY. DELIVERY TIMES ARE BASED ON THE ASSUMPTION THAT THE ITEMS ARE IN STOCK. WHILST WE MAKE EVERY EFFORT TO DELIVER GOODS ON THE DAY WE SPECIFY WE CANNOT GUARANTEE DELIVERY ON THAT DAY OR ACCEPT ANY LIABILITY FOR OUT OF POCKET EXPENSES, COSTS, LOSSES OR ANY OTHER EXPENSES DUE TO FAILED DELIVERY. THIS OPTION IS ONLY AVAILABLE IF YOU LIVE IN AN AREA COVERED BY OUR COURIER. EXCLUSIONS APPLY. FOR FULL TERMS AND CONDITIONS VISIT OUR WEBSITE OR ASK AN ADVISOR WHEN YOU CALL. T.D. WILLIAMS & COMPANY LIMITED TRADING AS SIMPLY BE IS AUTHORISED AND REGULATED BY THE FINANCIAL CONDUCT AUTHORITY. REGISTERED ADDRESS: GRIFFIN HOUSE, 40 LEVER STREET MANCHESTER M60 6ES AUTHORITY REG NUMBER: 178367



*Nobody plays a tortured soul like
Michael Fassbender. And beneath all
that on-screen brooding is a notorious
boyish charm. Prepare to be captivated*

H E A V Y

Interview **Holly Millea** Photograph **Paola Kudacki**

METTLE



WATCH IT See our film
with Michael Fassbender at
elleuk.com/now-trending

'HE CHECKS HIS PAY-AS-YOU-GO PHONE – "I'M TECHNOLOGICALLY INEPT, TO BE HONEST"'

Just as a small gust of wind kicks up the dead leaves in the gutter, sending them dancing across the cobblestone street, Michael Fassbender breezes into the Crosby Street Hotel bar – black jeans, black V-neck tee, deep blue suede jacket – moving panther-like through the oblivious SoHo hipsters. Placing a light hand on my shoulder, smiling widely – sorry to be late – the actor settles at the back-corner table, easy and understated. He is so wildly attractive and absurdly appealing, you just know he gets away with everything, all the time. Late or not, this cat gets the cream.

'I adore this man,' says Kate Winslet, Fassbender's co-star in this month's *Steve Jobs*. 'He's truly bright-eyed and bushy-tailed and ready to go. There's a boyish quality. I did say to him, "I thought you'd be intense and brooding and off on your own in a corner with the metaphorical dark cloud hanging over you." Quite the opposite.'

It's hard to imagine Fassbender, 38, being buoyant after watching him descend into so many dark personae: a brave, battle-happy Spartan in *300* (2006); a seductive sexual predator in *Fish Tank* (2009); the morally vacillating mutant Magneto in the latest installments of *X-Men*; the Byronic Mr Rochester in *Jane Eyre* (2011); and the eerily human android David 8 in *Prometheus* (2012). Darkest of all is the trifecta of damaged, desperate characters directed by British artist-turned-filmmaker Steve McQueen: as IRA hunger-striker Bobby Sands (*Hunger*, 2008); Brandon, the affluent, tormented sex addict (*Shame*, 2011); and the brutal, obsessive slave-owner Edwin Epps (in the Oscar-winning *12 Years A Slave*, 2013) – a performance that earned Fassbender an Academy Award nomination for Best Supporting Actor.

In *Steve Jobs*, the actor becomes the icon behind Apple; the man who, through a combination of brilliance and bullying, reinvented the personal computer and revolutionised the way we connect and disconnect. 'It was intimidating for me, very intimidating,' says Fassbender, who was cast after Leonardo DiCaprio and Christian Bale each stopped circling the role. 'My knowledge of the man was minimal, if not zero. I could definitely have done with a bit more time prepping.'

I ask what exactly he found attractive, or unattractive, in Jobs, a man variously

described as charismatic, spiteful, controlling, brilliant, magical, a thrower of temper tantrums, and long a denier of his first child's paternity. Fassbender replies: 'I didn't really find anything unattractive. Once I'm in that world and trying to live and represent that character, I don't look at it like that.' He cocks his head. 'I just think, that's human and perhaps a failing, a shortcoming.'

Fassbender was born in Heidelberg, Germany, to a German father and a Northern Irish mother, but from the age of two, he and his older sister, Catherine, were raised near the picturesque tourist town of Killarney, County Kerry, where he had the distinct advantage of being both an insider and an outlier who could observe the world around him with a cooler eye. When he wasn't in school, young Michael was working in his parents' restaurant, West End House (his mother, Adele, managed the front of house; his father, Josef, was the chef), or playing heavy metal guitar, or at Prince of Peace Church in Fossa, just across the fields from their home.

Though his parents weren't particularly religious, Michael was. He attended St. Brendan's College and, as a head altar boy, he was required to be present at masses, baptisms and weddings – and there are lots of those in Ireland. 'I would allocate the jobs,' Fassbender says, pointing. "You're on bell duty; you light the candles; you're on communion duty..." Wasn't it gross seeing all those tongues? 'It was one of the best jobs you could get, to be honest. People wanted it because girls you might like would be coming up...' he presses his hands in prayer, rolls his eyes skyward, sticks his tongue out, and starts laughing. 'You're close to the action!'

And yet Fassbender, who has dated co-stars Zoë Kravitz, Nicole Beharie and, currently, Alicia Vikander, was a ripe old age when he lost his virginity. 'All my girlfriends have lost their virginity before me,' he says. 'Guys are sort of trying to since about the age of 13, but I was, like, 18. I don't want to say anything more because I don't want to embarrass the other person, but it

was as good as it can be, you know? It was what I thought it would be. And I really cared about the person I was with, so it was kind of perfect.'

While his parents pressed their son to go to college (his sister is a neuroscientist), Fassbender was bent on acting. At the Drama Centre London, whose illustrious alumni includes Colin Firth and Tom Hardy, he studied the Laban technique, based on the psychological theories of Carl Jung. 'There's sort of sensing/feeling personalities, if you like; and then there's feeling/sensing,' he explains. 'The way to describe that, perhaps, is that [Marlon] Brando was sensing/feeling – so you explore life through your senses first and the emotion comes after. Whereas with James Dean, the emotion came first, and the senses were secondary. There's a difference, you know?'

He identifies more with Brando than Dean. More Macbeth than Romeo. 'In drama school, I remember seeing Leonardo [DiCaprio] in *Romeo + Juliet* and saying to myself, "That's something I can't do – I could never play Romeo." 'Full of scorpions is my mind...' on the other hand? That, he is perfectly equipped to handle – and does so in *Macbeth*, which co-stars Marion Cotillard as Lady Macbeth.

Ask Cotillard if she recalls the first time she met Fassbender, and she tells you everything you need to know. 'I just remember...' She stops, laughs. 'Mmm... no. No, I can't say that. Um...' Laughing again. Oh, come on! 'He was a lot of fun right away. The grin – that's how you say? The smile. There's something so joyful about him.'

He checks his pay-as-you-go phone – 'I'm technologically inept, to be honest,' – and jumps at the time. It's late in the day, and he's meeting McQueen for dinner. Rumour has it the two are doing a musical together. Yes, a musical. 'I'm an excellent singer! No, no, I'm not. I enjoy singing.' Hey, even Brando did *Guys and Dolls*.

Strolling back through the bar, he finds himself face-to-lens with a pack of paparazzi ready to shoot. But they don't. They run around him to blast socialite Olivia Palermo, exiting a few steps behind him. He turns his head to witness the commotion, catching the eye of the beautiful woman staring at him. It's a moment. Yes, he has that.

Steve Jobs is out 13 November



THE ESSENTIALS

The perfect white T-shirt, your favourite cut of jeans, a classic camel coat and cool, manish brogues – four undisputed classics that every wardrobe needs.

Top, £19.99, (Outlet exclusive), Gap. Jeans, £65 (from £90), Levi's. Coat, £249 (from £399), Jaeger. Shoes, £250 (from £375), Church's. Scarf, stylist own



AUTUMN LEAVES

*Classics have never been more on-trend.
As the season turns, build your
wardrobe around evergreen styles
and beautiful basics – yours to
discover at **McArthurGlen***

THE ESSENTIALS

Nothing beats a slouchy knit for comfort and style. Wear with tailored trousers for the office and your favourite pair of jeans or leggings for casual weekends.

*Jumper, £125 (from
£225), Jaeger. Trousers,
£175 (from £350),
Ted Baker*



THE ESSENTIALS

A sheer knit adds understated elegance to everything from jeans to a statement skirt. Add a coat in a classic cut and ankle boots for a look that oozes effortless style.

Top, £39 (from £79), and skirt, £42 (from £139), both Jigsaw. Coat, £199 (from £399), Jaeger. Shoes, £110 (from £160), Kurt Geiger. Watch, £165 (from £259), Watch Station



THE ESSENTIALS

A crisp white shirt and black leather motorcycle jacket are icons of style in their own right. Pair them together for a casual-formal contrast that is the definition of a contemporary look.

*Shirt, £25 (from £29.75), TM Lewin,
Trousers, £64 (from £215) Joseph.
Jacket, £119.99 (from £199.99), Superdry*

ELLE PROMOTION



THE ESSENTIALS

Skinny jeans, pointed flats and a loosely-belted trench – the signature Left Bank look never goes out of style.

Trench coat, £199 (from £350), Jaeger. Shirt, £29 (from £49), French Connection. Jeans, £95 (from £151), 7 for all Mankind. Shoes, £55 (from £95), French Connection. Scarf, stylist own



ELLE

FASHION IN MOTION
Watch the shoot video at
mcarthurglen.elleuk.com



Photography Victoria Zschommeler

[@ORBYN](https://twitter.com/ORBYN)

HOW TO BE 'FOOD NORMAL'

Tell us, when did cheese on toast become the enemy?

Why is pasta the devil? Robyn Wilder wonders if it's possible to maintain food sanity when all those around you have lost the healthy eating plot

Recently, I decided to host a dinner party. I moved out of London a few months ago and had a baby, so basically I wanted to prove to my friends that I was still relevant. But, as soon as I had the idea, I dismissed it - because catering to their new and bizarre dietary requirements would have been too painful.

One of my friends is low-carbing. Another has gone gluten-free (but admits that she couldn't even remember why she'd stopped eating bread). A third friend is now 'paleo' and only eats red berries and grass-fed buffalo. And yet another has vetoed refined sugar. Those bastards. I was going to make lasagne and profiteroles.

It's clear that I need new friends. I can no longer be seen with someone who arranges chia seeds (whatever those are) on a vintage plate and then Instagrams them into oblivion with about 500 #glutenfree, #sugarfree and #paleo hashtags.

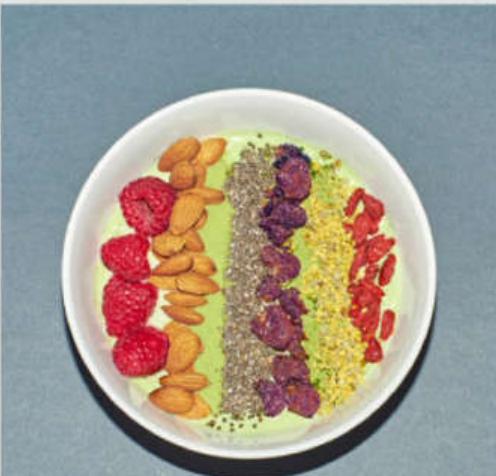
Now, I am all for dietary diversity, but I think this needless weighing of grains and health-food-shop-bothering is a little, well, joyless. It's 2015 - the date that *Back To The Future Part II* predicted we'd all be zipping about on hoverboards. And yet here we are, still policing our food like a catty secretarial pool during the macrobiotic diet craze of the Eighties. It's a sorry state for womanhood when the sheer jubilance of diving into a hot bowl of cheesy pasta has become social anathema.

Sadly, this is no longer fringe behaviour. That difficult friend, the menu-dissecting fussy eater, has gone mainstream and the Joe Schmo jam-and-toast eaters among us are the food weirdos. Restaurants have sprung up to cater for those who've done away with carbs and sugar, and even Pizza Hut has started offering a gluten-free pizza base. Sales of UK supermarket 'free from' foods have risen by 15% and people are buying 40% more dairy-free alternatives than they were in 2011. Conversely, bread and pasta sales are down by 8.9% and 4.2%, respectively, which analysts say is down to the no-carb trend.

Full disclosure. I have spent half my life wedded to one diet or another, trying fruitlessly to hammer my size-14 frame back down to the size eight I was before I quit smoking. My food weirdness of choice is the good old-fashioned diet. We go way back. I have counted calories. I have survived for months on 'nutritionally complete' shakes and soups, then blown my dietary load in a bakery, undoing much of my good work. Recently, though, I've taken an interest in balanced nutrition because my six-month-old son has just started on solid food and I don't want him growing up thinking that granola eaten straight out of the box while still in your pyjamas at 3pm counts as 'lunch' (and if you were wondering what I was doing with my maternity leave, there's an insight for you).

But what is a balanced diet now? The NHS still recommends a mix of carbohydrates and protein with lots of fruits and vegetables, and fewer KitKats than I'm comfortable with. Gwyneth Paltrow however (who starred in *Iron Man* and therefore is more credible to me) thinks that the road to a healthy-eating nirvana is paved with absolutely no gluten.

The much-maligned gluten is a combination of proteins that gives bread and ▶



#EATCLEAN

This hashtag has been used over 27 million times and relates to food that 'is not encumbered with things that compromise health: artificial flavourings, artificial colourings, sugar substitutes,' says Dr David Katz, founding director of the Yale University Prevention Research Center.

pasta dough that pleases gluey elasticity. People with coeliac disease can't eat gluten because it causes their immune systems to attack their own digestive tracts, and can even lead to bowel cancer. Only 1% of the UK population has coeliac disease but, according to market-research organisation Mintel, around 7% of people believe they have an undiagnosed intolerance to the stuff, and another 8% avoid gluten to 'be more healthy' - most likely mentally lumping 'gluten-free' in with terms like 'vegan' and 'organic' under the vague dietary umbrella of 'healthy eating'.

My coeliac friend Emily is not a fan of this new gluten-free tourism. 'One minute people are telling you they're coeliac too and begging you for your cauliflower pizza-base recipe, and the next it turns out they just fancied stopping eating gluten for a bit, because now they're taking a selfie with a Subway footlong. It's so annoying,' she says. Conversely, blogger and coeliac Erika Holt is grateful for the gluten-free demand they're creating: 'Before people jumped on the gluten-free train, there was nothing available except for the expensive prescription foods. Now each week there's a new type of gluten-free food in the supermarket.'

If you don't have coeliac disease, though, or a diagnosed allergy, cutting out gluten could actually harm you in the long run. 'A gluten-free diet may adversely affect gut health in those who don't need to follow it,' says registered dietitian Rosie Norman. 'Gluten-free diets are often low

in fibre and can be linked to deficiencies in B vitamins, iron and folate.

'In fact, following any food fad may, ironically, lead to nutritional deficiencies and medical complications.'

Try telling that to Lauren B, a 26-year-old training consultant from London, who has lost over two stone by cutting out carbs. Her plan sounds quite convincing when she evangelises about her clear skin and how much fresh food she gets to eat. But her altered attitude to carbs concerns me: 'I didn't worry at all about cutting out a major food group,' she says. 'I wouldn't go back to carb-laden meals every day because I put on weight when I eat them - I'm not a very moderate person. I wouldn't have eggs on toast or a sandwich, I'd have a sandwich, then chips, then some cake and a chocolate bar. I find it easier to avoid all carbs and just associate them with treats.'

It's all-or-nothing attitudes like this that some psychotherapists and dietitians worry will lead to a buzz-phrase you may have heard bandied about, orthorexia nervosa, which means an obsession with 'righteous eating'. In a 2014 *Vanity Fair* interview, Jennifer Lawrence pooh-poohed the gluten-free trend in Hollywood, calling it 'the new, cool eating disorder'. Was she on to something?

'Orthorexia is yet to be formally classified as a recognised psychiatric disorder,' says Norman. 'It describes obsessive behaviour with being healthy. It's characterised by a restrictive diet, ritualised patterns of eating, and rigid avoidance of foods believed to be "unhealthy" or "impure". It can also lead to anorexia or bulimia.'

'There is something about control in the obsessive dieter,' says psychotherapist

HOW TO BE
FOOD NORMAL
DOs and DON'Ts

WE ASKED THE EXPERTS

DO add a bit of everything to your diet, including carbohydrates - they're your fuel.

DON'T overdo your portion sizes, your energy intake should be relative to your energy output.

DO treat yourself to a 'cheat' meal. If you want a caramel tart, have one. Not satisfying that urge will consume you.

DON'T worry about eating at the specified times you've been conditioned to think you should. Eat when your body tells you that you're hungry.

DO think smart for lunch on the go. Opt for Pret's Super Veg Sushi Wrap (ingredients include spinach, beetroot, broccoli and pickled ginger), rather than the Posh Cheddar & Pickle on Artisan Bread. That's 364 calories instead of 660.

DON'T get something just because it's labelled 'fat free'. These are often packed with artificial ingredients and added sugar to make up for the lack of taste.

and broadcaster Philippa Perry. 'We may be buying into this myth that, "I can control my allotted lifespan and extend it indefinitely so long as I eat quinoa and soya beans." But is an orthorexic life fun? And do you live longer than someone who just eats normally?'

I put this to my paleo friend who doesn't dismiss the idea out of hand. 'Having a plan does lessen my anxiety around food,' she says. 'I like having something I can stick to, and I'm perfectly aware that in a few years a scientist will turn round and say that eating paleo has halved my lifespan or something. But on the other hand, I feel the healthiest that I have in years, I have loads of energy, and I've shed all my extra body fat.'

So, for approximately 13 seconds, I decide to go paleo.

That's the problem, you see. It's all incredibly persuasive. Thanks to the lovingly edited photos of sun-kissed six-packs and courgette spaghetti, the #eat-clean Instagram hashtag inspired me to run out and buy a vegetable spiraliser, before realising that I hate courgette and adore, you know, actual spaghetti.

'Clever marketing may lead people to believe that the food they're eating is healthier than it actually is,' says Norman. 'Instead of demonising single nutrients, or following diet fads, take a broader look at your lifestyle. Eating a variety of whole-foods from all the food groups is key.'

I have another friend, Ellie, who, while all this has been going on, has just been quietly following her own plan - one which allows for lasagne and profiteroles. 'Oh, I just try and eat a balanced diet,' she tells me when I ask. When I mention that I haven't seen her Instagramming any of her food, she gives me a strange look. 'Why would I Instagram my food?' she asks. 'I have a cat.'

READ IT

Want more sensible foodie content? Visit elleuk.com/beauty/health-fitness



*Fashion delivered
free next day*



SEE IT

Follow Emma on
Instagram @addiepray

#GIRLINTERRUPTER

Sometimes an 'investment piece' is as much an emotional one as it is financial. **EmmaForrest** on the clothes that have transformed her life

A basic rule of fashion is that every season you will need 'one thing'. You'll see it in these very pages: 'If you buy one thing this season, make it this.' It is usually referred to as a 'key' piece, which sets our imagination free to ponder what the key might unlock. It is a kind of madness to imagine a bag or coat could be a talisman - a delicious one - but, as someone with mental-health issues, it's something I have to watch.

Fashion is often an outlet - as music can be - for brilliant, miswired brains, with obsessions retooled as motifs. Clearly, there have been many genius designers with mental-health issues: Thierry Mugler and Claude Montana in the Eighties, the late Alexander McQueen and John Galliano today (as a Jew I will say that Galliano's anti-Semitic outburst seemed to me like a psychotic break).

The belief there is a magic item to genuinely improve my soul has troubled me my entire life. A psychiatrist recently explained to me that the more scattered your focus becomes (the more your mind is fragmenting), the more you dwell on one thing. I've always done this with fashion. When I was seven, I wanted a polka-dot dress. I was given it for my birthday but the polka dots were multi-coloured instead of monotone. I was crushed. When I was 13, I wanted a floor-length floral skirt and looked everywhere for one until my grandma made it for me. Despite her hard work, the skirt, again, solved nothing and, again, that realisation stung.

The first 'dream buy' that worked on me was a Dolce & Gabbana slip dress, when I was 18. By dream buy, I mean I projected my dreams onto it, the way movie-goers do with film stars. I was super curvy at a time when Kate Moss was the ideal and this dress directly referenced bombshells Sophia Loren and Gina Lollobrigida. People would whistle when I walked by. That's a bold statement for an 18-year-old to make, and that dress - which really did have a palpable energy - led to a whole lot of trouble.

*'By dream buy,
I mean I projected
my dreams onto it,
the way movie-
goers do to stars'*

It led to secret pub lunches with a much older man who had a girlfriend. He said, 'No, I can't do this,' and I literally said, 'I don't care, get in the cab with me.' I'm not proud of myself and I'm not saying the dress made me do it. But it was, as fashion can be at its best, a superhero costume (or supervillainess, given the havoc I wreaked on him, her and myself).

I forgot about Dolce for some years (I'd say they became a little less bold). But in the past year they have exploded in my heart again, on the wave of exploding hearts they have embroidered over this season's bags and shoes. It's a lot of intense Catholic symbolism on this Jewish girl, but those flaming hearts move me. 'Yes!' I imagine shouting at the clothes as they make their way down a catwalk that could never cope with all the love they have to give. 'My heart is on fire, too!' Then we run into each other's arms and I am saved. Or if not saved, empowered.

Here's what I want to have in life: a loving husband. A healthy, happy baby. A great career. To be able to look after my parents. Here it starts to scatter: I want my cat to never die. I want my child to never be in pain, emotional or physical. And because I can't make those things happen, my meditation refocuses on one thing: an embellished Dolce clog.

Perhaps it makes sense that someone who tells stories for a living has become so transfixed by embellishment. The handbag is out of my price range. The boot out of my leg length. The heel out of my comfort zone. I go for the clog because I love the idea that they've taken such a pedestrian shoe and embellished it with magic. And it is low so I can wear it everywhere, not just for special events. It won't just make me happy, it will thrill everyone I pass.

After searching every day on Net-A-Porter, Farfetch and Ssense, I finally found a pair in size 38. They are the most beautiful things I have ever felt too upset to look at. These shoes fit absolutely everything about me, except my feet. Unreturnable, they are now yours to own, in the name of charity. Please bid on these never-worn lovelies, they are dear to my (flaming) heart.

Emma is auctioning off her Dolce & Gabbana shoes and giving the proceeds to the charity Mind. See her Twitter for details



*Fashion delivered
free next day*

TAKE ONE *white* SHIRT...

*Endlessly versatile and utterly on trend – Gant's
Diamond G shirt is your a/w 2015 essential*

Cotton
'Pinpoint'
Oxford shirt,
£80, Gant
Diamond G

LOOK 1: SPORTING EDGE

Bring a sporty twist
to tailored style by
pairing with grey
marl trousers
and wrapping a
second white shirt
at the waist.
Effortlessly cool



LOOK 2: THE BOYFRIEND

An over-sized shirt
over a lean leotard
creates the ultimate
loungewear look



LOOK 3: LAYER IT UP

Creative layering
is easier than
you think. Frills
in a contrasting
colour add
interest to collar
and cuffs; finish
with a bow tie for
a tailored twist on
the pussy bow



The Details

True style is in the detail. Gant is the original creator of the locker loop found on the back of its shirts and endlessly copied elsewhere, while its button-down collar and back-button ensures a perfectly rounded shape

**LOOK 4: NIGHT MOVES**

A white shirt under a fitted bodice matched with slim tux trousers takes the tuxedo trend to the next level in this stylish evening look



The Heritage
Ever a wardrobe essential, the classic shirt is also right on-trend for a/w 2015. American sportswear brand Gant has been crafting shirts since 1949 — over 65 years' heritage that is perfectly captured in the Diamond G style showcased here



Cotton 'Perfect'
Oxford shirt, £80,
Gant Diamond G

**LOOK 6: THE CLASSIC**

Pair a sharp white shirt with masculine tailoring and a long silk scarf — it's all you need to create timeless, effortless style

25% OFF FOR ELLE INSIDERS!

Sharpen your wardrobe with a classic shirt (or two!) Gant is offering ELLE Insiders an exclusive 25% off its womenswear range. Shop online at gant.co.uk (claim your code at elleuk.com/insider) or show your ELLE Insider card at the till point in-store.

**LOOK 5: WINTER FRESH**

The roll-neck is a key sweater style for a/w 2015. Give yours a fresh look by styling it under a crisp white shirt paired with statement jewellery



SHOP IT Find your nearest Gant store and shop the collection online at gant.co.uk

ELLE OFFER

**'The eye product you
didn't even know you
needed. This will
change your make-up
routine forever.'**

**SOPHIE BERESINER,
ELLE BEAUTY DIRECTOR**



Photography: Jon Gorrigan, Graham Walser for Hearst Studios.

WORLD EXCLUSIVE FOR YOU

ONLY WITH YOUR
DECEMBER ELLE
FROM **benefit**
SAN FRANCISCO

BE THE
FIRST TO
TRY!

FREE EYELASH PRIMER

The new make-up
innovation from Benefit.
Available 9 weeks before
you can buy it in store.
Only with ELLE

REVOLUTIONISE YOUR
BEAUTY ROUTINE WITH
DECEMBER ELLE
ON SALE 29 OCTOBER





A JOURNEY THROUGH TIME – WITH RIMOWA

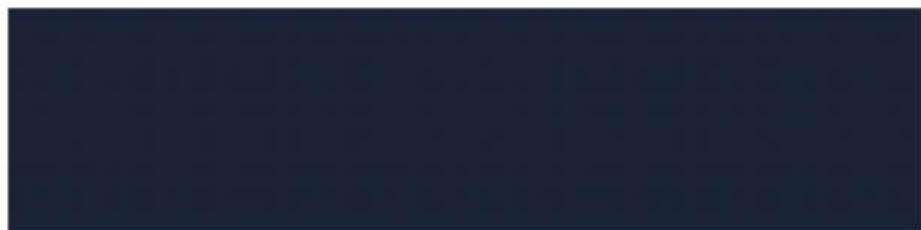
The 1920s marked the beginning of modern air travel and the golden age of Hollywood. In 1919, Hugo Junkers presented the world's first all-metal commercial aircraft. It was made using the aircraft aluminum alloy discovered by Alfred Wilm in 1906. In 1950, RIMOWA presented its suitcase with the unmistakable grooved design made of the same material – at the time, it was the lightest suitcase in the world. RIMOWA was a real pioneer in the sector, starting the trend for lightweight luggage back then.



www.rimowa.com

HOLLYWOOD™ & Design™ © Hollywood Chamber of Commerce. The Hollywood Sign and Hollywood Walk of Fame® are trademarks and intellectual property of the Hollywood Chamber of Commerce. All Rights Reserved.

Nº3



FASHION ELLE

Nº1 The new face of feminism › Carey Mulligan is supporting #morewomen **Nº2** Dream Weaver › Arizona Muse stars in the season's must-see pieces **Nº3** Hot Fuzz › Don't follow the herd this winter. Break the mould in layers of sheepskin **Nº4** The high-street edit › Oh hello, vintage revival, we think we're going to get along just fine **Nº5** Proenza Schouler › Rebecca Lowthorpe meets the New York fashion rebels **Nº6** Watch this face › The models you need to follow now

COVER STAR



Fired up by her starring role in **Suffragette**, which inspired her feminist awakening, **Carey Mulligan** is on a mission to make her and all women's voices heard. The actress talks to **Rosamund Urwin** about motherhood and how Emmeline Pankhurst's fight for the vote was a **struggle for equality** that continues today, and why admitting to our vulnerabilities can be a **woman's greatest strength** #morewomen



This page: Cashmere coat, Dolce & Gabbana. Gold and pearl earring, Jane Koenig. Rose-gold ring (top), Allison Bryan. Gold ring (bottom), Carey's own. All jewellery worn throughout

Opposite: Ivory leather coat, Calvin Klein Collection. White silk slip, La Perla. Silver leather shoes, Jimmy Choo. Gold earring (Carey's right ear), Maria Black. Silver ring (Carey's left thumb), Allison Bryan



Wool coat,
Louis Vuitton

Kerry Hallihan

t's a relief I don't ask Carey Mulligan about playing 'strong female characters'. She loathes the idea. 'You don't say to men: "You played another really strong man." The idea that women are inherently weak - and we've identified the few strong ones to tell stories about - is mad.' Carey has a knack for saying what you've long thought, only far more articulately.

When we meet at London's Soho Hotel, she's wearing a Stella McCartney print dress, Christian Louboutin gold flats and minimal make-up. She greets me with such a warm smile that I fear she's mistaken me for someone she's met before.

She's spent the day doing promotional interviews with the rest of the cast for her new film, *Suffragette*. Carey plays the protagonist, Maud, a laundry worker who becomes a Suffragette foot soldier, fighting for the vote in Britain during the early 20th Century. The movie notably features the most iconic moment of the women's equality movement, the feminist equivalent of the moon landing: Emily Wilding Davison stepping in front of the King's horse during the 1913 Epsom Derby. 'It was the first piece of news footage that went worldwide, so it obviously had a huge impact,' explains Carey. 'They had her Votes For Women scarf in a frame at the Houses of Parliament, where we filmed.' Her coffin was accompanied by thousands of Suffragettes dressed in white carrying laurel wreaths while crowds lined the streets.

Carey points out that a film about women's suffrage has been a long time coming: 'Just think about the number of times in Hollywood they thought: "Shall we tell the story of the Suffragettes? Nah, we're never going to make any money, f*ck it." They're making three films about the Boston bombers right now, and it's taken us a hundred years to tell a story about basic human rights.'

When her agent told her about *Suffragette*, her initial reaction was: 'Period, eeegh. Corsets, nurrr.' Then she read the script: 'I was shocked: the police brutality, the hunger strikes, the force feeding, the destruction of property. I had a really naïve view of the suffrage movement. When I was at school, there was just a paragraph dedicated to it.'

Carey is a mix of the expected - a simple gold band on her ring finger to mark her marriage to Marcus Mumford of Mumford & Sons - and the unexpected: a faint seagull tattoo on her right wrist, which she had done in Selfridges because she felt too middle-class and not cool enough to visit a real tattoo parlour. At 30, she has an air of serenity, clearly more comfortable in her own skin than when she starred as the ingénue in her breakout film *An Education*.

Additional photography: Alamy, Getty, Rex

But she's also open about her vulnerabilities, confessing she used to have tears in her eyes at the end of every red carpet, because she found the scrutiny so uncomfortable.

'It's wonderful to wear nice clothes [Lanvin, Balenciaga, Erdem and Stella are her favourite labels], but my god, that Mani Cam! This is not about me selling my body to you; I'm representing a film. They don't tell men to give it over their shoulder. And the way they run the camera up and down your body. What are they looking for? A flaw or some great attribute. Either way, it's objectifying women.'

She loved working with the female-dominated production team headed by writer Abi Morgan, the creator of the TV series *The Hour*, and *Brick Lane* director Sarah Gavron. '[In the past when] it has been a really male environment, it has been hard to get my voice heard, or to maintain the integrity of the character I play, or I've felt really disappointed to see what's happened to the female character in the edit. I didn't have that fear in this film.'

The opportunity to make a feminist film was a big draw for the cast. 'Meryl [Streep, who plays Emmeline Pankhurst] has wanted to tell the story of the women's rights movement for 20 years. For me, it's the first time I've made a film saying something important. Some of the films I've been in I hate, some of them I love, but this is the first time I don't watch it and think: "I hate this about my performance," or, "I look crazy." I feel really proud of it, as something people should see.'

The film's stars were so excited, they would go home and do more than the required research, often bringing quotes and information to set. Even Carey's mother Nano got roped in, finding Hannah Mitchell's autobiography *The Hard Way* after Carey complained there was so little written by working-class suffragettes. I ask her if women's stories have been under-told. 'To a ridiculous degree,' she replies.

In August, the University of Southern California published research which found that women had fewer than a third of the speaking parts in the most popular films of the last seven years. Carey is only too aware of this, but reveals she's found a positive solution to the problem. She's planning to co-produce her first film, working with Gavron and Faye Ward, *Suffragette*'s director and producer respectively. 'We're looking for the story and the script. Hopefully it'll be something contemporary, because I feel it's time to step away from costume dramas for a while.'

That *Suffragette* has been made by a mainly female team bolsters a new narrative of women being the change they >

FEMINISM: THE MOMENTS THAT CHANGED EVERYTHING



1898
Emmeline Pankhurst founds the Women's Social and Political Union



1921
Marie Stopes' first family-planning clinic opens in Holloway, London



1928
Women finally win the right to vote



1942
Rosie the Riveter symbolises women's economic empowerment in WW2



1996
The Spice Girls popularise *Girl Power*, a term later associated with third-wave feminism





**'I THINK IT WOULD BE A BETTER WORLD IF IT WERE RUN
EQUALLY – WE'RE STILL SO FAR FROM THAT'**

This page: Brown wool coat, Max Mara. Beige cotton trousers, Dries Van Noten. Pink leather shoes, Robert Clergerie. Gold necklace, Allison Bryan

Opposite: All items, as before. Metal earring (Carey's left ear), Joomi Lim

want to see, and in the spirit of ELLE's #MoreWomen campaign, supporting and promoting each other along the way. During our conversation, Carey's *Suffragette* co-star Anne-Marie Duff comes over for a goodbye hug. Later, over the phone, Duff tells me why she's a fully paid-up member of the Carey Mulligan fan club, 'She is a hugely deft actress,' she says. 'She has buckets of integrity and cares so much about her work. She's very emotionally articulate - she really engages with you - but she's also very naughty and very funny. We giggled all the time, but then she's completely committed to every scene.'

I realise Carey and I have a lot in common. We're both 30. Her grandmother has Alzheimer's and is in a care home ('There's a carer who tells her every day that I'm having a baby. Sometimes, she'll nod and say, "Oh, that's good."'); mine died while suffering from the disease. Both of us are slightly scarred by our brothers' childhood nicknames for us: mine was Thunder Thighs, Carey's brother Owain, an ex-army captain, called her Fatty Boom Boom. 'I love my brother more than anything, but it stuck in my head,' she says. Neither of us has many friends in our industry: 'Dianna Agron [currently dating Mumford banjoist Winston Marshall] is a really good friend and I'm sort of friends



All items, as before

'I LOVE WHAT I DO, BUT I'M EXCITED [ABOUT BEING A MUM]'

with people I've worked with,' she says. 'But my best friend has been my best friend since I was 14 - she's an illustrator. It's me, her and two others from school.' Oh, and we're both quite swearly, rather forceful feminists, which I mean (and take) as a compliment.

A lot has changed since Carey's last ELLE cover in January 2011. Back then, the great unmentionable (Carey hates talking about her personal life) was her ex, the controversial actor Shia LaBeouf. Although she tries to avoid talking about Marcus (her childhood pen pal), whenever the words 'my husband' pass her lips, she can't help smiling. I ask if she married a feminist: 'Yeah, I can safely say I did.'

A shortage of compelling roles has meant some long breaks between films for Carey. 'Sadly, Hollywood has managed to sell the idea that playing some rising star British actor's wife is a good job,' she tells me. 'It's not. A lot of the stuff I read is playing so-and-so's wife, so-and-so's girlfriend. That's not where the story is: I want to play him. The path I've taken so far is, "Right: nothing's come along - I'm just going to do f*ck all for a year and a half." I've stopped working on things where I feel the female character is diminished or compromised.'

However, there is a different kind of work hiatus on the horizon now that she's seven-and-a-half months pregnant

2012
Girls hits our TV screens
and Lena Dunham becomes
the voice of
fourth-wave
feminism



2012
Malala Yousafzai stands up to the
Taliban - who banned girls from school
- by defending their right to education

2014
Beyoncé makes her views
clear at the VMAs



2014
Emma Watson shakes
off Hermione forever
by delivering the game-
changing #HeForShe
speech at the UN



2016
Hillary Clinton:
First Female
President of the
USA (we hope!)



with her first child. 'I'm about to have six weeks of doing nothing but sitting around at home,' she says. 'I've always wanted to be a mother. I love what I do, but I'm excited for this next phase of my life.'

After our interview she's heading back to Devon, where she and Marcus have a farmhouse. There, she admits to wearing 'whatever is lying on the floor'. Home life pre-baby is one of dogs (they have a cocker spaniel called Rambo), dinner with friends and hiking - 'pretty easy-living stuff', she says. 'I like going on adventures and seeing places, but most of the time that I'm not working, I just want to be home, not gallivanting all over the world. I want lots of normality and to be out of the city - I find the city quite stressful.'

When she's alone, she works her way through box sets. *Veep* is a current favourite. 'Julia Louis-Dreyfus is amazing - I'm completely obsessed with her.' Before that, it was *Parks & Recreation*: 'I'm so sad that's over - Amy Poehler is a genius. I went through a real trash-TV phase too, watching *Revenge* and *Nashville*.' Normality has always been Carey's anchor. She grew up in a 'sheltered, happy, middle-class family', the daughter of a hotel-manager father and a lecturer mother. She boarded at Woldingham School in Surrey.

I suggest one of the problems feminism has always faced is that it disproportionately benefits middle-class women. She nods: 'That was a big criticism of Emmeline Pankhurst, that it was all very well her going to prison and on hunger strike, but she could go home to a place with maids. The sacrifice and the loss [of the Suffragettes] was far greater for women who had far less; it was far harder for women like Maud. I think we've continued that to this day. I've grown up in a very different world, and enjoyed the benefits and can feel very liberated, but a lot of women don't. The women portrayed in this film put their lives on the line to afford women the choices we enjoy today. They wanted their children to grow up in a more equal world - as a mum-to-be, there's nothing more inspiring.'

Would she have been a Suffragette? 'You'd like to think that you would [but] you're a product of your time. I can express my opinion, but I've never had to fight, to stand up for anything. And the notion of walking into a gallery with a knife and destroying a piece of art, that seems unbelievably terrifying to me. And that's just one, tame example of what they did.' She doesn't consider *Suffragette* an educational film, though ('It's so much bigger than that') and hopes it will open conversations about how far women have come, and where we are now: 'Until 1991, it was still legal for a man to rape his wife. Making films like *Suffragette* will become even more important to me as they're something I'll be proud to show my family one day.'

We touch on the mammoth challenges that lie ahead: sexualisation, violence, the persistent lack of equal political representation (only 29% of MPs are female). 'Some-

one asked me yesterday, "Do you think it would be a better world if it were run by women?" And the answer is no, I think it would be a better world if it were run equally - we're still so far from that.'

Her one regret about *Suffragette* is that it didn't come out before May's general election. However, there's still the not-so-small matter of 2016's US presidential election, when Hillary Clinton will be vying to become the first woman in the Oval Office. Carey spent time in New York this year starring in the David Hare play, *Skylight*, not far from Clinton's campaign offices in Brooklyn. Would she like to see her triumph? 'Massively,' her eyes light up. 'I love her. I've always thought she's amazing and I'm so excited about it.' She tells me she recently overheard a conversation where people were bashing Clinton: 'They were saying, "She claims not to have known what was going on in her marriage." Harking back to that. That has nothing to do with her politics. It's nonsense, and so completely sexist.'

We talk about the sexism Carey herself has experienced as a woman in the public eye, and it's not limited to the red carpet. 'Playing Daisy [in *The Great Gatsby*] was the first time I felt physically intimidated by a role,' she confesses. 'I remember reading horrendous sh*t [online] when I got cast, people saying, "She's not pretty enough to play Daisy." I felt so embarrassed. I thought, "They're right, I shouldn't do it" - all those mad insecurities that you have.' Carey had a Facebook account before she was famous but left, and does not use Twitter. She struggles with the virtual world: 'I feel so freaked out by all the negative stuff out there.'

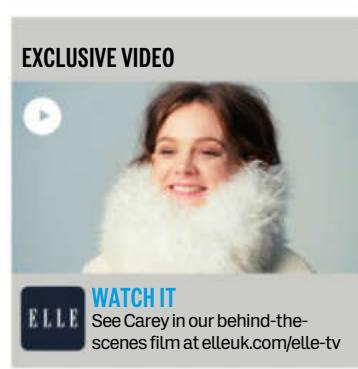
Does she google herself? She grimaces. 'Once in a blue moon, and it's always sh*t. I have a rule where I don't, and then when I'm a bit drunk, I do. Everyone hates you, everyone thinks you're bad at acting. I'll be so horrified that I'll stay away, and then I'll cave in again, and be left a puddle on the floor. It's a weird cycle.' Feeling scrutinised pains her, so much so that she admits to having half a glass of wine - 'enough to make me tipsy' - before going on talk shows.

These flashes of vulnerability make Carey immensely likeable. She turned 30 in May and I ask if the Big Birthday hit her hard. 'In the run-up, I thought: "This is nothing. 30? F*ck off! Everything's great." And then the day after, I thought: "Oh my god, I'm never going to be 21 again." I started having flashbacks to my apartment in Holloway, where I used to have

these great parties. There's something about being in your 20s where it feels endless. Then I had a massive mortality crisis - "One day, I'm going to die" - one of those real meltdowns.' She pauses: 'Those big moments do actually happen, where you suddenly have to step out from everything, and you're like, "Where am I?"'

Listening to Carey, I'd say she's somewhere pretty great right now - and, as one of feminism's new voices, she's going to fight to get the rest of us there as well. ●

Suffragette is out 12 October





Wool jumper, £950,
Victoria Beckham.
Silk and cashmere dress,
£695, Pringle. Patent-
leather shoes, £375,
Dorateymur. Cashmere
socks (worn throughout),
£29, Pantherella.



DREAMER

The humble sweater gets a new lease of life. Team chunky knits with below-the-knee skirts, and add kitten heels to give the retro look a modern kick. **This is the winter combo to covet.** Arizona Muse **models the trend**

Fashion **Anne-Marie Curtis** Photography **Kerry Hallihan**





This page: Black cashmere jumper, £635, Saint Laurent. Grey wool-mix trousers, £377, Chalayan

Opposite: Wool jumper, £645, and wool skirt, £640, both Stella McCartney. Cotton top (worn throughout), £99, Falke. Leather shoes, £525, Rupert Sanderson

This page: Green wool cape, £2,750, green jumper, £580, and black silk skirt, £615, all Salvatore Ferragamo. Black leather shoes, price on request, Céline
Opposite: Wool jumper, £780, and wool culottes, £1,050, both Victoria Beckham







A close-up photograph of a woman's face and shoulder. She has long, straight, light brown hair. Her eyes are green, and she is looking directly at the camera. She is wearing a dark, sleeveless top with a dense, sequined or beaded pattern. The lighting is soft, highlighting the texture of her hair and the sparkle of the top.

Mohair sleeveless
jumper, £1,393, Chanel



This page: Black and white mohair bolero (with metal and pearl brooch), £2,615, and black and grey wool dress (with metal and pearl brooch), £2,035, both Balenciaga

Opposite: Green cashmere top, £2,977, and yellow leather skirt, £3,472, both Céline





This page: Black wool jumper, £855, Valentino. White wool jumper (worn underneath), £130, Pinko. **Opposite:** Wool jumper, £280, Asli Polat. Wool dress, £1,557, Chanel. Leather shoes, as before. For shopping details, see Address Book. Hair: Lok Lau at CLM Hair & Make Up using Kiehl's. Make-up: Kirstin Piggot at Julian Watson Agency using Rimmel London. Model: Arizona Muse at Next Models. Location manager: Paul O'Grady at Norfolk Locations. Film: Adam Gichie at Image & Picture. With thanks to: Holkham Beach (holkham.co.uk)



SUPERMODEL ARIZONA MUSE TELLS KENYA HUNT HOW GROWING UP A TOMBOY MADE HER A MORE CONFIDENT WOMAN

State of Independence

Arizona Muse, she of the impossibly strong brow, cool gaze, slick bob, broad smile and almond eyes, has just made a surprising confession. Growing up, she wanted to be a boy. Or rather, she felt reluctant about being a girl.

We're sitting in a cafe, having the realest of talks over the daintiest cups of mint tea. And Arizona, all 26 years of her, is getting self-reflective.

She's telling me about how she was a late bloomer. 'We were all trying to be boys and be tough. It took me a while to come into myself, to come into my sexuality,' she says. And it's only been in recent years that she's allowed herself to fully embrace the traditional expressions of femininity.

'I wear make-up and enjoy it now, whereas before I felt like I had to complain about it like, "Oh my god, I'm wearing so much make-up, it looks awful." I am less apologetic about that now. Sometimes I just want to wear a dress.'

I'd expected some light and fun girl talk from Arizona - fame, love, selfies, clothes - and the unique joys and pains of being named after a place, something I can relate to. ('People can't seem to wrap their head around it. But there are plenty of us with names like India, Georgia and Virginia. And yet people still act like it's the first time they've ever heard of such a thing!')

But, no. Instead, Arizona wants to talk about what it means to be a woman on a deeper, more theoretical level, which makes for a more interesting interview for me. Especially considering Arizona isn't actually carrying much in her black leather Bottega Veneta handbag that's worth reporting

to you anyway ('Just my phone, brown eyeliner and some ChapStick').

Arizona is properly famous. Her unmistakable face has carried huge, career-defining beauty and fashion campaigns (Estée Lauder, the house formerly known as Yves Saint Laurent, Louis Vuitton, Fendi and Next), agenda-setting runway shows (Prada and Louis Vuitton), and countless magazine covers. Models.com ranks her among the industry's most influential icons and highest earners. But it's taken her years to grow comfortable with her feminine self.

She has developed a reputation for having a quiet reserve, a quality the fashion media often hailed as a sign of maturity. 'But I wasn't mature,' she clarifies. 'I was just quiet so I didn't say anything stupid. But I wasn't thinking anything clever.' It's taken her years - break-ups, broken friendships, and work snags - to get to a place where she can boldly say exactly what she thinks. And I have the feeling she is on the cusp of a new chapter of her life in which her voice is as strong as her celebrity.

To understand why Arizona getting in touch with her girlie side is such a big deal, you have to go back to her childhood, growing up as a bare-faced, half-English, half-American tomboy in New Mexico. Her mother Davina, a textile restorer, and her father Garry, an American art dealer, had Arizona in Tucson (hence her name), then moved to London for three years, before eventually settling in Santa Fe, where they raised the model and her younger brother, Theodore. Arizona describes her parents as 'creative, eccentric people who never had 9-to-5 jobs'.



Arizona on:

INSTAGRAM 'I haven't been working for very long. My career is one of the shortest ones. And I've seen so much change already. The Instagramming! I don't want to see what someone's having for breakfast every day. And I forget to take selfies. So many missed selfie opportunities! And then when I do it I wonder, "Oh my god, is this weird? Are people going to think I'm showing off?" It's a weird feeling of insecurity and wondering if anyone is going to like the picture.'

FRIENDSHIP 'It's better than therapy because you get to talk through your problems while still having fun together. I've become a lot clearer about my boundaries. Like, this is what's going to happen, this is what I'm OK with. And I've learned to read people better.'

SEXUALITY 'I think that bisexuality and heterosexuality and homosexuality all exist, and they all need to be honoured. And I also think that, in a way, sometimes we're just making too big a deal out of it. It's like, just let people do their thing and move on.'

@ARIZONAMUSE



Cashmere top,
and wool coat (with
brooch), both Saint
Laurent. Wool-mix
trousers, Chalayan

She says her mother's first-wave feminist beliefs impacted her developing sense of self. 'In my group of friends, a lot of our mothers were about 40 when they had us. Those women were in a time when they were still fighting for themselves and for their rights,' she says. 'And that needed to happen. But in a way, it kind of degraded femininity because it said, "Oh, the prissy housewife, she's just letting her husband rule the world."'

As a result, little Arizona and her pre-teen girlfriends grew up wanting to be one of the boys. 'All of my friends were trying to be as tough as the boys. I didn't wear any nail polish, wouldn't put on make-up. I was curious about it but it wasn't cool, which is really strange. I wish that it had been encouraged and fostered, to see what it's like to be girlie, and to try these really feminine things that are fun and that I really enjoy now.'

Throughout our talk, she consistently makes a case for a more traditional brand of femininity. 'It's about mutual respect,' she says. 'When I'm 30 or 40, I'll probably have a lot more to say about all of this.'

She credits motherhood with having got her this far in the quest to figure out exactly who Arizona Muse is. She had her son Nikko aged 19 with her ex-boyfriend Manuel Quintana, before she moved to New York and made it big as a model. But it was her career in fashion, and the single working-mother juggle, that taught her some of life's hardest lessons.

'I've grown up a lot and become a lot more assertive. Like, I'm surer about what I want and what I don't want, and how to say no. I used to say yes to everything and feel resentful later. I was so unclear about what made me happy and what didn't.'

Is it hard for her to say no now? 'Not since I learned how. It doesn't matter what your job is, or whether it's your family, you just have to learn to say no and not feel badly about it. And learn that whatever people's reactions are, that's their own stuff. If we were all clearer, this world would run so much smoother.'



READ IT Meet more
powerful women at
elleuk.com/tags/ellevoices



HOT FUZZ

Don't follow the herd this winter. Strike out in oversized shearling paired with plaid and leather for an undone vibe

Photography **Mark Pillai**
Fashion **Grace Cobb** Model **Kely Ferr**

This page Wool coat, £1,990, Kenzo. Wool jacket (worn underneath), £345, Polo Ralph Lauren. Cotton shirt (worn throughout), £60, Penfield. Leather and wool boots (worn throughout), £750, Coach
Opposite White wool coat, £7,512, Louis Vuitton





This page Wool and leather coat, £4,662, Vivienne Westwood Gold Label. Silk top (just seen), £1,280, Lanvin
Opposite Leather and wool coat, £4,500, Sacai. Silk dress, £1,010, Isabel Marant





This page Wool coat, £1,400, and cotton dress, £575, both Coach. Cotton shirt (worn underneath), £90, Edwin

Opposite Wool coat, £3,074, Donna Karan. Cotton-mix jacket, £295, Current/Elliott. Cotton-mix boxer briefs (just seen), £23, Calvin Klein





This page Leather and wool gilet, price on request, Maison Margiela. Wool-mix coat, £2,725, Etro. Wool-mix shirt (just seen), £180, A.P.C. **Opposite** Red-plaid wool jacket, £345, Polo Ralph Lauren. Blue and green cotton shirt, £210, Current/Elliott. White leather and beige wool coat (worn around waist), £7,590, Fendi



This page Wool and leather coat, £5,095, Chloé. Wool jacket, £560, Dsquared2

Opposite Navy and yellow wool-tweed coat, yellow wool jumper, £460, and black and white ciré skirt, £1,460, all Miu Miu







This page Merino wool jumper, £4,080, and cotton skirt (with knickers), £805, both Gucci

Opposite Faux-fur jacket, £1,408, and cotton and denim dress, £586, both Moschino.

For shopping details, see Address Book. Hair:

Soichi at Saint Luke using Kiehl's. Make-up: Mel Arter at CLM Hair & Make Up using Urban Decay.

Manicure: Emma Welsh at August Management using Leighton Denny.

Model: Kely Ferr at Models 1. Casting: Bella Robinson at Star & Co. With thanks to: Spring Studios



THE HIGH STREET EDIT

SERIOUSLY, *spots,*
stripes AND *checks*?

YES, PLEASE—AND WORN
ALL AT ONCE. THIS SEASON,
MAKE YOUR VINTAGIST
LOOK YOUR OWN

Photography **Hordur Ingason**
Fashion **Michelle Duguid**
Model **Paula Marcina**

Faux-fur coat, £90,
Twiggy for Marks &
Spencer Collection. Lurex
jumper, £195, Markus
Lupfer. Velvet trousers,
£300, J Brand. Leather
boots, £110, Topshop. Silk
scarf, £20, Rokit





Brown wool coat, £165,
Finery. Black and cream
lurex top, £155, and black
lurex trousers, £185, both
Sandro. Black wool hat,
£17, Accessorize. Metal
pins, badges and brooches
(on hat), stylist's own. Navy
and white silk scarf, £20,
Aspinal of London

THE HIGH STREET EDIT



Faux-fur jacket, £90,
River Island. Nylon shirt,
£239, Sandro. Wool skirt,
£35, Marks & Spencer
Collection. Silk scarf,
£90, Rockins

Hordur Ingason



Faux-fur coat, £715,
Kate Spade. Wool jacket,
£65, and matching
trousers, £42, both
Topshop. Velvet shoes,
£99, Carvela. Silk scarf,
£18, River Island

THE HIGH STREET EDIT



Brown suede and
faux-fur coat, £200,
Asos. Pink silk top,
£230, and matching
trousers, £305, both
Theory. White and red
silk scarf, £165, Rockins

Wool jacket, £259, and
matching trousers, £159,
both Hobbs. Nylon shirt,
£120, Diesel. Faux-fur
scarf, £48, Helen Moore



THE HIGH STREET EDIT



Faux-fur cape, £65, River Island. Neoprene dress, £45, Miss Selfridge. Satin shirt (worn underneath), £408, Kate Spade. Leather boots, £420, Chie Mihara



Faux-fur coat, £295,
Whistles. Wool jumper,
£210, Diesel. Denim jeans
(customised by stylist),
£100, Levi's. Leather
shoes, £120, Orla Kiely
for Clarks. For shopping
details, see Address Book.
Hair: Tony Collins at
Streeters. Make-up: Julie
Jacobs at One Represents
using Nars Cosmetics.
Manicure: Emma Welsh
at August Management
using Leighton Denny.
Model: Paula Marcina at
Elite London. With thanks
to: Street Studios

SHOP THE HIGH STREET EDIT



THE TEXTURE

1. Embellished wool-mix top, £35, River Island.
2. Lurex jumper, £30, Asos.
3. Polyester top, £24, Dorothy Perkins.
4. Polyester and Lurex trousers, £128, Three Floor.
5. Cotton top, £59, Jigsaw.
6. PVC skirt, £19.99, New Look

THE EYEWEAR



From top (all acetate): £230, Prada. £195, Fendi. £254.99, Persol. £166, Dolce & Gabbana. £105, Bobbi Brown



A vintage scarf instantly adds character. Go for one of four ways to wear it (right)



THE SCARF

Above, clockwise from top left: Silk, £175, Rockins. Polyester, £45, Bimba y Lola. Silk, £180, Emma J Shipley. Cotton, £15, Levi's



THE SHOE

All clothing, as before



From left: Leather shoes, £65, Office. Calf-hair shoes, £325, L.K.Bennett. Leather shoes, £120, Orla Kiely for Clarks. Leather shoes, £60, Aldo. Leather boots, £345, Chie Mihara

All clothing,
as before



THE DRESS

From left: Polyester, £45, Miss Selfridge. Viscose, £50, Warehouse. Cotton, £36, Topshop



CUSTOMISE YOUR JEANS

Above: Denim jeans, £100, Levi's (customisation, price on request, Levi's Tailor Shop)



THE BERET

From left: Wool, £100, Bernstock Speirs. Embellished wool, £350, Mary Benson. Cashmere, £89, Tallis

THE COAT



Faux-fur, £95,
Marks & Spencer



JACK MCCOLLOUGH AND LAZARO HERNANDEZ, THE DESIGNERS BEHIND NEW YORK LABEL PROENZA SCHOULER, REFUSE TO PLAY IT SAFE, CREATING CLOTHES THAT COMBINE UPSCALE ELEGANCE WITH A DARING EDGE. BE COOL BY ASSOCIATION

Words **Rebecca Lowthorpe**



Jack
McCollough
and Lazaro
Hernandez
outside their
NYC store

Jack McCollough and Lazaro Hernandez are sitting side-by-side, cross-legged at a table in their Manhattan office. They look mischievous. 'We've never done an interview like this before,' grins Lazaro.

'Just keepin' it casual,' drawls Jack.

We are Skyping. Their image on my laptop crackles from time to time and there's a disconcerting lapse before they hear my questions and me their answers. We last met in the flesh in February when they walked me through their a/w 2015 collection, where I marvelled at a dress made of 300,000 sequins, and skirts slashed like carwash flaps - but this is our first proper sit-down interview, albeit long distance.

You'll have heard of 'Pro-enz-a-Skool-er', the fashion label named after their mothers' maiden names that came along in 2002: the shiniest upstarts of the post-Marc Jacobs generation.

They are a big deal in New York. Partly because they are from the school of you-never-know-what-they'll-do-next, and partly because whatever they do is almost always great. And on the rare occasion that it's less than great - in fact, especially when it's less than great - they become an even bigger talking point. They make clothes for knowingly modish women that can ricochet from art-obsessed to techno-loving to a kind of twisted, upscale elegance. It's this consistency in their unpredictability that keeps them fresh and interesting, but there's also an aura that surrounds them and all that they do. Proenza, as the industry has long abbreviated them, radiate cool.

I imagine that's how they got to show their a/w 2015 collection in the empty Whitney Museum of American Art before it relocated to the Meatpacking district. For me - a long-time Proenza watcher - it was one of their best. They referenced American artists Helen Frankenthaler and Robert Morris, and used that inspiration to do something new with tailoring - not an easy task - by scissoring it apart. Those long dresses that bandaged the body at acute angles, leaving slices of bare skin or thick black fishnet, were later championed on the red carpet by the likes of Kristen Stewart and Grimes. And the slim, sheer finale dresses pierced with metal grommets and sprouting feather mohawks? You may remember Kim Kardashian in hers at the CFDA Fashion

R
e
b
o
c
e
l

Awards. Like any mould-breaking collection, it provoked debate: some critics said they needed to examine who their customer really is, while others said they had succeeded in creating a vision of modern life through clothes. Either way, the social sphere was on fire that night.

It's just that kind of debate that keeps the design duo focused. 'The most challenging thing for us,' says Lazaro, 37, 'is our interest in switching it up every season and figuring out a way to have consistency - keeping our girl the same, but still having her evolve and enter different worlds.'

'On a personal level, and also for the press, they'd get bored if we did the same thing over and over every season, so it's about finding that balance,' adds Jack, 36.



**'THE MOST
CHALLENGING
THING FOR
US IS OUR
INTEREST IN
SWITCHING IT
UP EVERY
SEASON'**

Easier said than done when you have a rapidly expanding business said to be worth £55 million (according to *Women's Wear Daily*); new financial investors to please (Castanea Partners); a debut fragrance to launch (with L'Oréal); their PS1 bags and a footwear line to expand; an innovative website to maintain; and a womenswear collection to hatch every three months. The pair are as digitally innovative as they are creatively ambitious and, on top of all this, they need to stay relevant and alluring, which - after 13 years in business, and no longer new, young hotshots but members of the establishment - must be the greatest challenge of all.

They all but shriek at the word 'establishment'. 'It's like saying, "All right, we have landed: we can>



@PROENZASCHOULER



sonally, they are able to carve up the workload, but they insist they always create together. 'It's not like one of us is doing business and one is doing design. We are both designing everything. It's stronger that way - we are better together,' says Lazaro. Adds Jack: 'We are together all the time which helps with the shorthand: we have the same schedule, share the same experiences, so there's no need to explain, like, the colour of the amazing yellow car we saw the other day... It's like together, we have one bigger brain.'

Lazaro: 'We have separate desks.'

Jack: 'Yeah, we're not that conjoined.'

I ask them to describe each other in three words.

Jack on Lazaro: 'He's charming, a little goofy and a bit intense.'

Lazaro on Jack: 'He's sensitive... introspective. And really talented.'

'We are very different,' concedes Lazaro. 'We always say that if we had met each other when we were teenagers, we would have hated each other.'

Lazaro Hernandez was born and raised in Miami, Florida. His parents grew up in 1960s revolution-torn Cuba and fled during the communist uprising. 'My parents came to the US with nothing, everything was taken away from them, so they were very much hustlers, trying to make a better life. They were married for 18 years and then one day I came along. I was brought up very strict - an only child - and to them, to be successful, you had to be a doctor or a lawyer.' So the good child Lazaro went to university to study medicine. 'I was going to be a doctor - first a paediatrician and then it evolved into plastic surgery,' he laughs. 'And then fashion.'

He'd always been wide-eyed looking at the glamour-espousing fashion magazines in his mother's beauty salon, but it wasn't until he spent one long summer hanging out with friends in New York that he realised fashion was 'an actual industry'. Bingo. He returned to Miami, created a portfolio and secretly applied to Parsons School of Design in New York. When he was accepted, he told his father he was going to study architecture there, only revealing he'd been studying fashion design once he was in his third year. In 2000 - as fashion legend has it - Lazaro, aged 21, boarded a plane at Miami airport and spotted Anna Wintour on the same flight. Bold as brass, he wrote her a note about himself and his love of fashion on a napkin, and persuaded a

just cruise now,'" says Lazaro. 'It doesn't feel anything like that. I don't think you ever feel like you've made it. Every season, every year, it's a struggle to get better.'

So how do they manage to stay relevant?

Lazaro: 'We're grounded. We're not too wrapped up in the world of fashion. I see it happen a lot that people start pulling [ideas] from fashion as opposed to other places. We keep ourselves level-headed and stay curious. That's why we place a huge importance on art to form our latest collections.'

Jack: 'I think we are like wannabe artists sometimes. We were with Cindy Sherman the other day, and she has one assistant and that's it in her entire studio. That must be completely liberating. Just her and an assistant, and she just creates.'

Lazaro: 'Whereas what we do takes an army of people to get it done.'

Being a couple both professionally and per-

All backstage images from Proenza Schouler's a/w 2015 show



Backstage photography: Sonny Vandevelde. Catwalk: Courtesy of Proenza Schouler.

flight attendant to deliver it. A few weeks later, so the story goes, Michael Kors' office called him: 'Anna Wintour says you should work here,' he was told. And so he did, supplementing his class-work with a paid internship.

Jack, meanwhile, describes himself as growing up with classic all-American parents, although his childhood sounds rather more exotic than that. 'I was born in Tokyo and I lived there for five years. My dad, who is great but can be quite square, was an investment banker, which is why we were living in Japan.' His parents had five kids, 'all of whom are creative types. My younger brother builds furniture, my older brother is a musician and I have two sisters - one is a set designer and the other makes liquor!' Cue culture shock when his father was posted back to New York and the family moved to the suburbs of New Jersey.

'Growing up was interesting,' he deadpans. 'I was a tough teenager, rebellious and constantly getting into trouble.' He got kicked out of high school at 16, when he was arrested for smoking pot. Fortunately for him, he was sent away to an arty boarding school in Massachusetts, where he was able to indulge his passion for painting and sculpture. 'It was amazing, we had teachers who were truly inspiring mentors. I went from a straight-D student to top of my class.'

He took a place at the San Francisco Art Institute with the intention of becoming a glass-blower, but he missed his East Coast friends - and sewing - so transferred to New York's Parsons, where he met Lazaro. After interning at Marc Jacobs, the two got permission to produce their graduation collection together: slick, professional and focused on silhouette and cut, it was instantly snapped up in its entirety by New York's most influential store, Barneys.

It's the scale of the industry that has changed so dramatically since then, they say. 'It's just insane how much competition and noise there is now,' says Lazaro. 'And if you don't have a clear voice and are not saying something very specific, it's impossible to have a business,' adds Jack.

Not surprisingly, they respect Azzedine Alaia, Rei Kawakubo and Rick Owens - all designer

@REBECCA ELLE

PROENZA'S TOP 5 MOMENTS

Win their first CFDA Womenswear Designer of the Year award in 2007.

Launch their first handbag collection in 2008.

Miley Cyrus rocks a knee-length patchwork leather Proenza Schouler dress in 2013.

Kim Kardashian attends the 2015 CFDA Fashion Awards in a custom-made sheer black grommet-studded Proenza Schouler creation.

Multi-model campaign: Proenza Schouler reunites noughties supermodels Liisa Winkler, Liya Kebede, Karolin Wolter and Anne Catherine Lacroix for Proenza's powerful a/w 2015 collection.

iconoclasts who, in one way or another, rebel against the system. It's the same story with the women the pair hope will wear their clothes: 'Maybe we have an idea of what our show is, but we like to see it individualised. We love it when people take our clothes and mix it with other designers or with vintage.'

Lazaro: 'Yeah, we tend not to be into the kind of girl who dresses for the bloggers and is like a bird of paradise.'

Jack: 'It's more someone who can make their own rules, with a kind of confidence, and a nonchalance about them. Someone who is not addicted to having the newest thing. She's beyond that - she's more unexpected.'

Listening to them, even though through a laptop, I can feel their passion for what they do, as much as their annoyance at the sheer hellish pace of it all. ('It's hard to be inspired on a schedule - forcing ideas because you have to can be daunting.')

So, what advice would they give to someone who wants to get into the industry?

'Be careful what you wish for: it just might happen,' says Jack. 'I think you have to love it, love it, love it,' says Lazaro. 'It has to be in your soul. And you have to really believe it.'

Jack: 'Live it and breathe it.' ●

SEE IT Check out the latest new-season looks at elleuk.com/catwalk



THE NEW SUPER MODELS

Meet the Young Supers. They're the new Insta-faces with the big brand, big personality and even bigger social media following. ELLE introduces the Naomis, Kates and Claudias of today

Words **Rebecca Lowthorpe**

 @REBECCA_ELLE

When ELLE's Fashion Production & Bookings Editor Rosie Bendandi was putting together the model trend report after the a/w 2015 collections, she noticed the young catwalk stars reminded her of the original Nineties supermodels. Anna Ewers is a dead ringer for Claudia Schiffer; Binx Walton is the cheeky rebel, à la Kate Moss; Kendall Jenner has the sexy girl-next-door looks of Cindy Crawford. But what started out as a bit of a fun game (Supermodel Snap?) actually holds real cultural significance. 'It's not only the way they look, it's what they represent,' explains Rosie, who books all the models that appear on the fashion pages of ELLE. 'Twenty years on, we've circled back to the era of superstar models. But where the original supermodels were the first to be acknowledged by the mainstream media, today's models are in charge of their own power and status.'

So, what ingredients make a supermodel today? A beautiful face? A killer body? A social media following of over one million? It goes without saying that a model's physical attributes are still a priority, but it comes as no surprise that her stature in the industry - and her earning power - can also be measured by her social media footprint. 'You need to be known by everyone from the couture houses of Paris to the good old *Daily Mail*,' says Sarah Doukas, industry veteran and founder of Storm Models. 'These days, the Super is also the girl who gets the brand onto the front pages when she opens a couture show in Paris. It's about star power and bringing that to a brand or project.'

Where the Original Supers (OS) relied on TV and print advertising, the Young Supers (YS) are able to harness the power of the digital age. 'This allows a model to become >

FACES TO WATCH



CLAUDIA SCHIFFER



ANNA

THE NEW CLAUDIA SCHIFFER ANNA EWERS

AGE: 22
FROM: Freiburg, Germany
@ANNAEWERS
100k followers
FRIENDS: Binx Walton, Hanne Gaby Odiele
CAREER HIGHS: Being discovered by Alexander Wang, cast in his debut Balenciaga show and subsequently becoming his muse.



CHRISTY TURLINGTON

THE NEW CHRISTY TURLINGTON SASHA LUSS

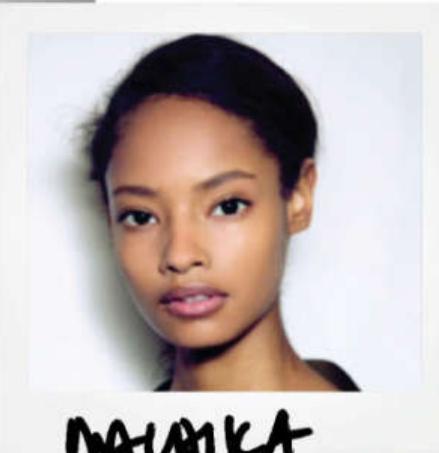
AGE: 23
@SASHALUSS
185k followers
FROM: Magadan, Russia
FRIENDS: Nastya Sten, Sanne Vloet, Sonya Gorelova
CAREER HIGH: She's the face of Dior Cosmetics.



Sasha



TYRA BANKS



MALAIIKA

THE NEW TYRA BANKS MALAIKA FIRTH

AGE: 21
@MALAIKAFIRTH
113k followers
FROM: Mombasa, Kenya
FRIENDS: Cara Delevingne, Sasha Luss, Ola Rudnicka
CAREER HIGH: For a/w 2013, she became the first black model in almost 20 years to land a Prada campaign.



KATE MOSS



THE NEW KATE MOSS BINX WALTON

AGE: 20
@BINXWALTON
101k followers
FROM: Tennessee, USA
FRIENDS: Lexi Boling, Hanne Gaby Odiele, Anna Ewers
CAREER HIGH: Her first-ever campaign was Céline s/s 2014.



STEPHANIE SEYMOUR

THE NEW STEPHANIE SEYMOUR

VANESSA MOODY
AGE: 19
@NOINSTAGRAM
FROM: Mississippi, USA
FRIENDS: Bella Hadid, Harley Kuusik, Ophelie Guillerman
CAREER HIGH: She closed Givenchy's s/s 2015 show.



VANESSA



HOLLIE MAY

THE NEW EVA HERZIGOVA

HOLLIE-MAY SAKER
AGE: 20
@HOLLIEMAYSAKER
33.6k followers
FROM: Liverpool, UK
FRIENDS: Gigi Hadid, Jeremy Scott, Angel Rut, Jena Goldsack
CAREER HIGH: Walking the Marc Jacobs s/s 2013 show catapulted her to the Louis Vuitton show in Paris, without even having to go to a casting.



THE NEW AMBER VALLETTA MAARTJE VERHOEF

AGE: 18
FROM: Netherlands
@MAARTJEVERHOEF
45.2k followers
FRIENDS: Julia van Os, Julie Hoomans, Ine Neefs
CAREER HIGH: She was the most popular model at the s/s 2015 shows, racking up 66 catwalk appearances.

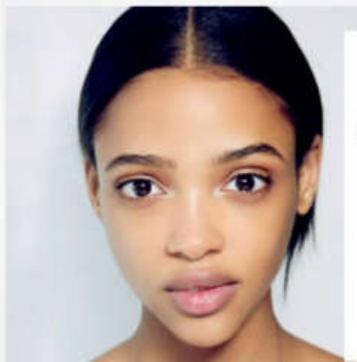


Binx



MAARTJE

AMBER VALLETTA



THE NEW **NAOMI CAMPBELL**
AYA JONES

AGE: 21

✓ @IAMAYAJONES

23.1k followers

FROM: Paris, France

FRIENDS: Kouka

Webb, Irina Liss

CAREER HIGH: Her exclusive debut was walking the Prada s/s 2015 show.



NAOMI CAMPBELL

Aya



THE NEW **LINDA EVANGELISTA**
SAM ROLLINSON

AGE: 21

✓ @SAMROLLINSON

143k followers

FROM: Doncaster, UK

FRIENDS: Charlotte

Wiggins, Lara Mullen,

Matilda Lowther

CAREER HIGH: At 16, she featured in the a/w 2010 Burberry campaign with Rosie Huntington-Whiteley and Douglas Booth.



Sam



KAREN MULDER

THE NEW **KAREN MULDER**
GIGI HADID

AGE: 20

✓ @GIGIHADID

5.8m followers

FROM: Los Angeles, USA

FRIENDS: Kendall Jenner, Cara Delevingne, Karlie Kloss, Taylor Swift

CAREER HIGH: The face of Tom Ford Velvet Orchid, Balmain, Topshop... Need we go on?



Gigi



Mica

THE NEW **FREJA BEHA**
ERICHSEN

MICA ARGANARAZ

AGE: 22

✓ @MICARGANARAZ

18.7k followers

FROM: Argentina

FRIENDS: Binx Walton, Lexi Boling

CAREER HIGH: Scooping up ad campaigns for a/w 2015, from Dior to Zara and Coach. Plus all the big shows: Chanel, Dior, Miu Miu.



FREJA BEHA ERICHSEN



CAROLYN MURPHY

THE NEW **CAROLYN MURPHY**
JULIA NOBIS

AGE: 23

✓ NO INSTAGRAM

FROM: Sydney, Australia

FRIENDS: Hanne Gaby Odiele, Kätilin Aas

CAREER HIGH: She was the cover star of *Italian Vogue's* January 2014 issue. Ad campaigns for Diesel, Dior, Sacai, Marc Jacobs.



Julia



HELENA CHRISTENSEN

THE NEW **HELENA CHRISTENSEN**
TAYLOR HILL

AGE: 19

✓ @TAYLOR_HILL

1m followers

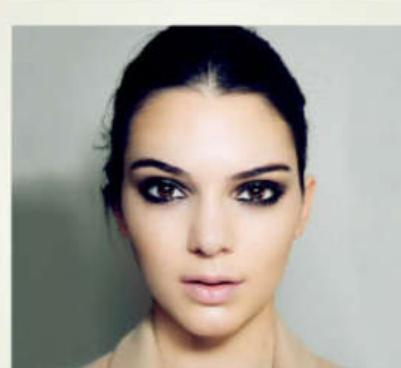
FROM: Colorado, USA

FRIENDS: Sara Sampaio, Stella Maxwell, Raina Lawson

CAREER HIGH: She became a Victoria's Secret Angel in 2014.



CINDY CRAWFORD



Kendall

THE NEW **CINDY CRAWFORD**
KENDALL JENNER

AGE: 19

FROM: Los Angeles, USA

✓ @KENDALLJENNER

36.3 million followers

FRIENDS: Gigi Hadid, Cara Delevingne

CAREER HIGH: Closed the a/w 2015 Chanel Couture show as a trouser-suited bride. Scooped campaigns for Estée Lauder, Fendi and Balmain.



LINDA EVANGELISTA



Photography: Getty Images; Styling: Linda Evangelista; Hair: Antoneillo Trilo; Makeup: Antinea Simms.

a brand in her own right, and connect directly with her audience,' adds Doukas. 'What we are seeing today is as significant as the original supermodel era, but now we know all about their lifestyles, opinions and tastes, which gives a whole new dimension.' In other words, social media has allowed models to become more than mannequins on which to hang clothes; it has given them the power to project their personalities and become the architects of their own careers. 'As media businesses in their own right, they can charge accordingly, earning 10-50% more thanks to their social media following,' she adds.

It's easy to see why Kendall (with nearly 50 million followers on Twitter and Instagram), 19, and Gigi Hadid (six million), 20, are being booked to open and close the fashion world's most important shows, such as Chanel and Marc Jacobs. Their celebrity status, via *Keeping Up With The Kardashians* and *The Real Housewives Of Beverly Hills*, respectively, was confirmed before either stepped foot on a catwalk. They are the ultimate media stars-turned-models.

But not every model has a TV show dedicated to their every move - and despite this, they're still striding down 50-60 catwalks a season. 'Because the reverse can also be true,' says Elite London's Head Booker Joe Catt. 'Big casting directors tend to want to find brand-new faces to appear in the designers' shows; they want to launch careers. They then mix the line-up to include the models with huge social followings to give designers both kudos and as big an audience as possible.' According to Catt, there's huge cachet and financial incentive in launching a model's career - and then seeing their social media following explode. Take Binx (the new Kate Moss), a 20-year-old from Tennessee, whose first campaign, for Céline, only appeared last year, but who now commands a personal Instagram audience of 101k, while clocking up 32 a/w 2015 catwalks in the process. Equally, Anna Ewers (the 22-year-old new Claudia), starred in Alexander Wang's s/s 2015 campaign, walked in 33 of the last shows and now has 100k Instagram followers.

Social media can also be used as a tool to find models. Marc Jacobs has twice mined Instagram to cast his campaign stars. 'It seemed like a great idea to me; [it] seemed cool, current and strong,' he told WWD. 'We wanted the ads to reclaim the spirit that the collection had when we first conceived of it.'

'Social media has allowed models to be more than mere mannequins [...] it has given them the power to project themselves and become architects of their own careers'

technology entrepreneur Dawson King, called Feels (as in internet-speak for 'feelings'), which gives wannabe models the opportunity to post pictures of themselves and be 'discovered'.

And what of models with no social media footprint? Do they even exist? Vanessa Moody (the new Stephanie Seymour), 19, and Julia Nobis (the new Carolyn Murphy), 21, may have chosen to be invisible where social platforms are concerned, but at the a/w 2015 shows they were anything but, commanding 94 catwalks between them, which just goes to prove that there is still more to a model than her Instagram account. They also prove that there is no single physical template - Moody is all-American in her wholesome classic beauty, while Nobis is what bookers call 'editorially strong', meaning far from classic but unusual, unique.

And that's the big difference between the OS and the YS: today's diversity in terms of race and gender far outweighs that of the Nineties. Sure, there are the queens of social media, the Victoria's Secret megamodels reminiscent of Cindy Crawford (see Taylor Hill's 1m Instagram followers), and the likes of androgynous Argentinian Mica Arganaraz - a dead ringer for the Danish Super Freja Beha Erichsen. But colour, gender (think transgender Andreja Pejić) and simply more unique-looking women are all part of today's YS make-up, from Kenyan-born Malaika Firth, the first black model in 20 years to land a Prada campaign, to those who represent a completely different aesthetic to that favoured in the 1990s. There's Bhumika Arora, Molly Bair, Willow Hand and Issa Lish, to name just a few.

So do the YS have the staying power of the still-working OS? 'From my experience, the talent that stays the course is the one that consistently reinvents herself and keeps her work original,' says Doukas. 'That's how real talent distinguishes itself from 15 minutes of fame.' ●



SEE IT For more from the new supers, visit elleuk.com/catwalk



One.
With the power
of Two.

Double Serum

With the anti-ageing power of 20 plant extracts in a unique double formula, Double Serum targets all aspects of skin ageing in one complete concentrate. Every application reveals a more radiant-looking you. After only one week of use, skin looks more toned, radiant and smoother[†].

93% of women
trust Double Serum[†].

The NPD Group Jan-Dec 2014.
†Consumer test - 194 women, after 7 days.

Official online store:
www.clarins.com



CLARINS

BEAUTY

#TRIALATREND

The plaited pony, aka the updo with a twist. Try it today.



Best in braids

*Four **hairstyles** to try, whether you're a beginner or a pro. Plus, the secret to the **best skin** of your life*

Photography: Jason Hetherington. Hair: Bianca Tuovi at CLM Hair & Make Up using Kiehl's. Make-up: Andrew Gallimore at CLM Hair & Make Up using Nars Cosmetics. Manicure: Ama Quashie at CLM Hair and Make Up using Dior Vernis Fall Look and Capture Totale Nurturing Hand Repair Cream. Model: Astrid Eika at Models 1.

HACKS

Plait

The humble braid: officially the most popular hairstyle on Pinterest and therefore the most inspirational. From beginner to advanced, fill a spare two to 20 minutes mastering the looks of the season. We've made it easy for you (and your Instagram feed)

Words and beauty styling **Sophie Beresiner**
Fashion **Donna Wallace**
Photography **Jason Hetherington**



Viscose top, £440, Acne Studios

The boho plait

IN 5 MINUTES

DIFFICULTY ●●

You want to start with a beachy texture. Use a texturising spray on almost dry hair, then blow-dry the rest downwards to knock out any kinks or frizz. Starting at the parting, create miniature plaits about an inch apart. Then gather all your hair into a low side pony, and twist to one side, directing the twist towards your neck. Loop over into a small, rough bun and pin in place with kirby grips, keeping the ends free.

 @ELLEBEAUTYTEAM

 @ELLESOPHIE

The polished plait

IN 20 MINUTES

DIFFICULTY ●●●

The best way to grow up a fishtail braid is to start with a very smooth base. Prep with a heat-protecting spray, then blow-dry using a barrel or paddle brush. Point the nozzle down the hair shaft, and finish with serum for added shine. Next, gather into a low ponytail and secure. Fishtail braid your hair (see p280 for our how-to) as evenly as possible most of the way down your ponytail, then secure with a band. Carefully thicken the braid by tugging the sides apart, then brush the ends through and spritz with hairspray to hold in place. ▶

Jersey dress, £525, David Koma

The playful plait

IN 10 MINUTES

DIFFICULTY ●●●●

Imagine you're creating a 'hun' (the half-up bun), but with a much prettier, more purposeful twist. Start by French braiding (see p280) the front section of hair all the way to the end and tie with a simple elastic - this will create severe side partings but don't worry, we'll get to that. Gather the two side sections, from ear to temple, and bring them up to cover the partings, then gather them with the braided ends to form a half-up pony. Twist around into a 'hun', making sure the braided end is visible, then fluff the ends with some dry shampoo and brush through.



The sport plait

IN 2 MINUTES

DIFFICULTY ●

What could be more simple than using your hair's natural texture, pulling it into a messed-up high ponytail (it's as practical as it looks), and adding an edge in the form of a braided strand within the pony? It's as easy as one, two, three (strands of hair, interwoven, then secured at the base with a simple elastic, and one at the end within the pony). ▶



Jersey body, £650, David Koma

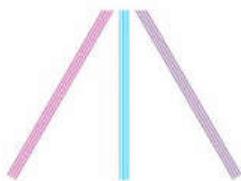
Beginner's braid guide

Master these, and the (hairstyle) world is your oyster

TEAR
AND
WEAR



Classic



1 Separate your hair into three even sections.



2 Take the outer left section and cross it over the top of the middle section, so it becomes the new middle section.



3 Now cross the outer right section over the new middle section, so it's now in the centre.



4 Take the outer left section again and cross it over the middle section, so it becomes the new middle section.

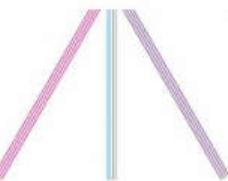


5 Then take the outer right section again and cross it over the middle section.

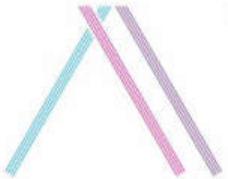


6 Repeat the process for the length of your hair and secure at the bottom with an elastic.

French



1 Starting at the crown, divide your hair into three sections.



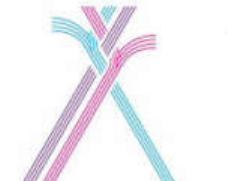
2 Take the outer left section and cross it over the top of the middle section, so it becomes the new middle section.



3 Cross the outer right section over the middle section.



4 Now take the outer left section, gathering a bit more hair from that side to join it, and then cross it over the middle.



5 Take the outer right section, gathering more hair from that side to join it, and then cross it over the middle.



6 Repeat this process for the length of your hair and secure at the bottom with an elastic.

Fishtail



1 Divide your hair down the middle into two large sections.



2 Pull a small section of hair from both the outer left and right sides.



3 Cross the small section on the outer right over the right section to meet the inside of the left section.



4 Cross the small section on the outer left over the left section to meet the inside of the right section.



5 Taking another small section of hair from the outer right, cross it over to meet the inside of the left section.



6 Repeat this process, always taking a small section from the outer side to meet the other side in the middle.

WATCH IT Watch the ELLE Beauty Team recreate these looks on YouTube @ELLETV

MAX FACTOR X



NEW

MIRACLE MATCH FOUNDATION

Transform your look with a shade match that blends seamlessly with your unique skintone and nourishes* for a fresh and flawless finish.

Miracle Match Foundation for the perfect nude look.
#MAKEGLAMOURHAPPEN

Recreate Candice's transformation: Facefinity All Day Primer, Miracle Match Foundation, Creme Puff Blush in Alluring Rose

*Nourishes with hydration



THE MAKE-UP OF MAKE-UP ARTISTS

PRESENTING A PRESTIGE INSPIRED
NIGHT CREAM.
WITHOUT THE PRESTIGE PRICE.

Dramatically newer skin is revealed night after night.**



WORLD'S No. 1
FEMALE FACIAL SKINCARE BRAND[®]

Olay Regenerist 3 Point Night Cream is formulated to provide deep hydration when you most need it - overnight. During the night skin can lose moisture as your metabolism slows down, but it's also the optimum recovery time for your skin. Olay Skin Energising Technology penetrates 10 surface layers deep, to start re-energising your skin while you sleep. So you can awake to **dramatically younger looking skin**.

Your best beautiful begins at Olay.co.uk. Available exclusively at Boots.

*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.

**Skin surface renewal is accelerated based on surface cell exfoliation.


Olay
REGENERIST

YOUR BEST BEAUTIFUL™

Don't panic! Getting older might be inevitable, but looking great can be accomplished whatever your age. Armed with a bit of scientific know-how, it's possible to keep your skin looking and feeling younger. So what actually happens as the years roll by? And what can you do about it? Read on...

KNOW YOUR FACE FRAME

The science bit

Your skull ages in such a way that it affects how your skin sits on top of it. Why? Up until middle-ish age, our bones are constantly regenerating (the skeleton is thought to be entirely replaced every 10 years or so). However, as we get older, the process of rebuilding slows down, causing more bone to be lost than is remade. This is most apparent in the eye sockets, which gradually enlarge as the nose and brow bones recede. The length and height of our lower jaw also decreases and without this 'scaffolding', the soft tissue in our face droops, causing sagging and wrinkles. But you can stall the process.

What you can do

Slow the onset of weaker and receding bones by storing as much calcium and other minerals in your bones as possible, starting now. Calcium is essential to create new bone tissue, and the World Health Organisation recommends 700mg of calcium a day for



The youth code

We've cracked the secret to looking ageless (sort of). So you really need to read this

Words **Sophie Beresiner** and **Natalie Lukaitis**

both men and women - the equivalent to three servings of dairy (a glass of milk, a cheese sandwich and a yoghurt, for example). Vitamin D is also crucial for bone strength because it helps your body absorb more calcium. Adults need at least 600 international units (IU) of vitamin D every day, which our body makes naturally when skin is exposed to the sun (about 25 minutes is needed). Those of us who live in the UK will need some extra help and this is where supplements such as cod-liver oil should be used - this all-rounder has high levels of vitamin D, as well as A and omega-3. Just one tablespoon gives a healthy dose of 1,300 IUs of vitamin D.

YOUR VIT FIX

Calcium

Milk (100g = 125mg); cheddar cheese (100g = 721mg); (kale 100g = 150mg); seafood (100g = 10mg); pinto beans (100g = 113mg); oranges (100g = 40mg)

Vitamin D

Salmon (100g = 360IU); tofu (100g = 120IU); eggs (100g = 87IU); pork (100g = 53IU); mushrooms (100g = 10 IU)

FACIAL MUSCLE STRENGTH

The science bit

The bad news is, as we age, our muscles lose both strength and mass, including those in our face, especially around the jaw and beneath the cheeks. As this happens, skin becomes looser. We exercise our bodies to stay toned - and the same goes for your face.

What you can do

Try a face a workout. Face Gym is one that's designed to sculpt, lift and tone the facial muscles. There is a warm-up, then cardio, sculpting, advanced tech and cool-down, just like working the rest of your body. Based at Selfridges in London, the studio also has a device called a laser

airbrush (which directs short, concentrated pulsating beams of light at your face to remove layers of skin), billed as a 'lunchtime facelift'.

If lasering feels a bit extreme, try a cream such as Clinique Sculptwear Contouring Massage Cream Mask, £36, used with its Sonic System Massage Treatment Applicator, £20. The applicator vibrates to give your face a Power Plate-esque workout, supposedly making the product (containing whey protein - good for muscle and skin repair) more effective. L'Occitane Divine Skin Mask, £88, comes with a 24-carat-gold Divine applicator - essentially a manual massager that ELLE thinks is amazing at lymph drainage, boosting micro-circulation and toning the jawline. The rich cream can be used as a twice-weekly intensive mask or even a daily cream. Chanel Le Lift Recontouring Massage Mask, £60, is formulated for facial massage, with a four-step instruction sheet to 'densify tissue'. It gives a pretty extravagant glow, too.

And get plenty of protein. Your muscles, hair, nails, skin, and eyes are made of protein, so if you want to retain facial muscle mass for as long as possible, make sure your diet is rich in it. Sunwarrior Protein, from £24.95, is a vegan, plant-based powdered protein supplement that's delicious mixed with nut milk or in a smoothie.

SKIN AID

Consider this list your 'youth code' skincare glossary:

Hyaluronic acid

This molecule can hold up to 1,000 times its own weight in water, repairs skin tissue and, when applied in the

form of a cream, creates a moisture barrier that makes skin appear smoother.

Ceramides

Think of these as the glue that holds your skin cells together. Without them, our cells part and skin sags. Applying this lipid molecule topically helps to plump and protect our skin barrier.

Antioxidants

Vitamins C and E are antioxidants that protect our skin from daily free-radical damage (such as pollution and sun exposure), help boost our skin's collagen production, reduce inflammation and repair damaged skin tissue.

SPF

Skin loses its firm, smooth look as collagen levels begin to deplete. This is usually caused by sun overexposure, which can break down the barrier protecting our skin from damaging rays. Keep yours safe by using an SPF daily, even when it's overcast.

Retinol

This powerful exfoliant ramps up cell turnover in the top layers of the skin, encouraging dead skin to shed while promoting the natural production of hyaluronic acid and collagen to improve skin tone. Use it overnight when your skin is working to regenerate itself.

Peptides

These chains of amino acids act as a signal for our cells, telling them to heal, produce collagen and increase elastin. They can also act as a delivery mechanism to enable other ingredients to get deep into the skin.

THE ESSENTIALS

Hyaluronic acid
Ren Instant Firming Beauty Shot, £36



Ceramides
Elizabeth Arden Ceramide Lift and Firm Night Cream, £59



Antioxidants
This Works Light Time Cleanse and Glow, £30; Darphin 8-Flower Nectar Oil Cream, £65



SPF
Sisley Facial Sun Care Youth Protector SPF50, £109



Retinol
Dermalogica Overnight Retinol Repair, £73



Peptides
Olay Regenerist 3 Point Super Age Defying Cream, £29.99



DRINK UP

We asked the nutritionists at NutriBullet for some easy bone-, muscle- and skin-boosting recipes:

THE FOUNTAIN OF YOUTH

This concoction of bioflavonoids and anti-inflammatories is designed to support blood circulation to help revive your skin.

Ingredients:

1/2 cup spinach
1/2 avocado
1 nectarine
1/2 cup blueberries
10 walnuts
(Fill with water to the max line)

SKELETON STRENGTHENER

This will provide calcium, magnesium and vitamin K, which are all known to help build strong bones.

Ingredients:

1/4 cup spinach
1/4 cup spring greens
1 banana
1/2 cup blackberries
1/2 cup strawberries
2 tablespoons cacao powder
(Fill with water to the max line)

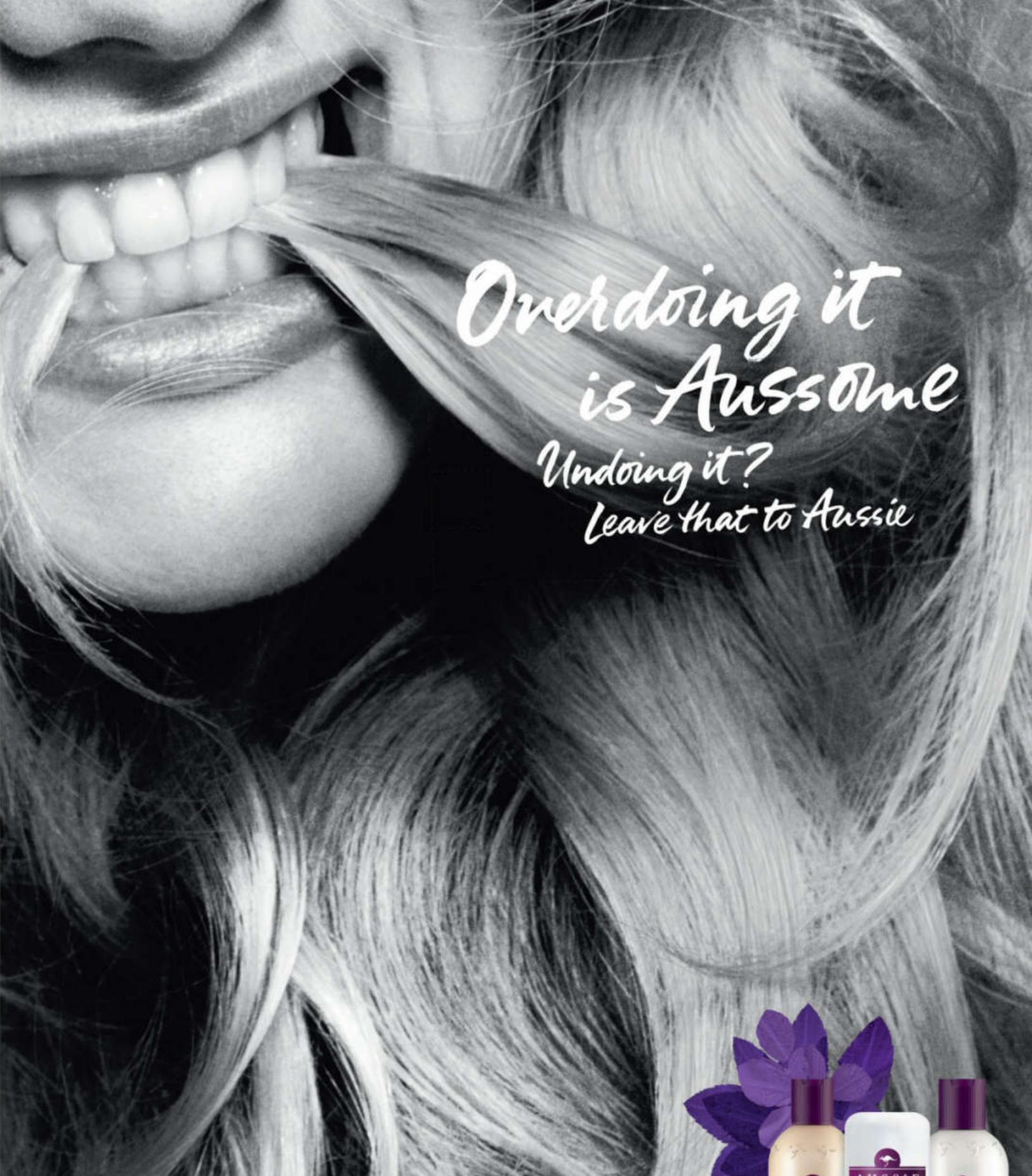
FLEX FACTOR

The greens contain calcium and vitamin K for increased muscle movement, and the papaya contains potassium, a known hydrator, which also helps to prevent muscle cramps and spasms.

Ingredients:

1/2 cup spring greens
1/2 avocado
1 cup papaya
1/2 cup cherries
5 walnuts
1 tablespoon chia seeds
(Fill with water to the max line) ●

READ IT For more tips on achieving beautiful skin, visit elleuk.com/beauty



Overdoing it
is Aussome
Undoing it?
Leave that to Aussie



There's more to life than hair but it's a good place to start



TEAR
AND
WEAR

N°26

DIY GEL MANICURE

Hate chipped nail varnish? Try this. It's fast, practically bulletproof and won't budge for at least two weeks

The ingredients



Cuticle sticks
Mavala Cuticle Sticks, £3.95 for five

Nail file
Margaret Dabbs Crystal Nail File, £12

Nail buffer
Nails Inc. Miracle Buffer, £6

Cleanser
Orly Gel FX 3-in-1 Cleanser, £5.99

Base coat
Red Carpet Manicure Structure Base Coat Gel, £12.95

LED nail lamp
Sensational Pro 3060 LED Nail Lamp, £45

Gel colour
Bio Sculpture Gel Nail Colour in Innocent Pink, £6.45

Top coat
Claté Geltox Top Coat, £29

Acetone
Superdrug Acetone Nail Polish Remover, £0.79

The directions

- 1 **Soak your hands** in a bowl of lukewarm water for five minutes, then dry them completely.
- 2 **Using the slanted side** of a manicure stick, gently push back your cuticles. This will give you a clean surface for the gel to stick to.
- 3 **Shape your nails.** Always file from the outer corner edges toward the centre to avoid weakening the nail.
- 4 **Buff the surface** of each nail to help with the adhesion of your gel. Pay attention to the sides and around the cuticle, where lifting is more common.
- 5 **Wipe your nails** clean with gel cleanser and let dry for 15 seconds.
- 6 **Apply a thin layer** of the gel base coat, running the brush along the tip of your nails to prevent chipping. This will affect the result of the colour application, so take your time.
- 7 **Place your fingers** under the LED nail lamp, turn on and leave fingers

under for 30 seconds for the gel to set.

- 8 **Shake your gel** colour to get rid of any bubbles or build-up, and apply it the same way as the base coat. Place your nails under the nail lamp for 60 seconds - this is called 'curing'.
- 9 **Apply another coat** and repeat.
- 10 **Apply a thin layer** of top coat and 'cure' again for 30 seconds.

To take it off

- 1 **File** the top layer of your gels until the shine is removed.
- 2 **Cut a sheet** of tin foil into 10 squares, each large enough to wrap around the tips of your fingers.
- 3 **Soak** a cotton wool ball with acetone and place it on your nail. Wrap tin foil around the tip and leave for 15 minutes.
- 4 **Remove wrappers** one nail at a time. Starting at the corners, use a manicure stick to gently lift the gel off. If some remains, rewrap and let it sit longer.

Substitutions and additions

⌚ = swap + = add

DULL NAILS

+ **ADD** Paint the tips of your nails white and cure them with the lamp before applying your colour.

+ **ADD** Soak your nails in lemon juice for a minute to get rid of any discolouration.

PARTY NAILS

+ **ADD** Gently squeeze SensatioNail Glitter Puffers, £2.50, over your entire nail before you apply top coat.

⌚ **SWAP** Instead of painting your nails a natural shade, try Bio Sculpture Her Majesty, £6.45, a shimmering gold.

BRITTLE NAILS

+ **ADD** Take Imedeen Hair and Nails Tablets, £25.99, containing biotin, zinc and vitamin B to strengthen nails.

+ **ADD** Brush Jessica Phenomen Oil, £9.50, along your cuticles to keep them soft and your nails strong.

SEE IT Get inspired by the latest nail trends at elleuk.com/beauty

Ssssssshhhhh!

Keep it down.

There's an **Aussie girl** nearby who's been
burning both ends of several candles.

You'll easily spot her. **A bit sleep deprived.**

But with hair that's **wide-awake**
and as **fresh** as a field of well-rested daisies.

How's that even possible? **Aussie's**

Repair Miracle

collection, that's how.

Even if you've been up

to **the unmentionable** (we won't ask),

these **hair-rehab** miracles,

will sort out your do in no time.

So go on. Find Your Aussome.

It's what all the best

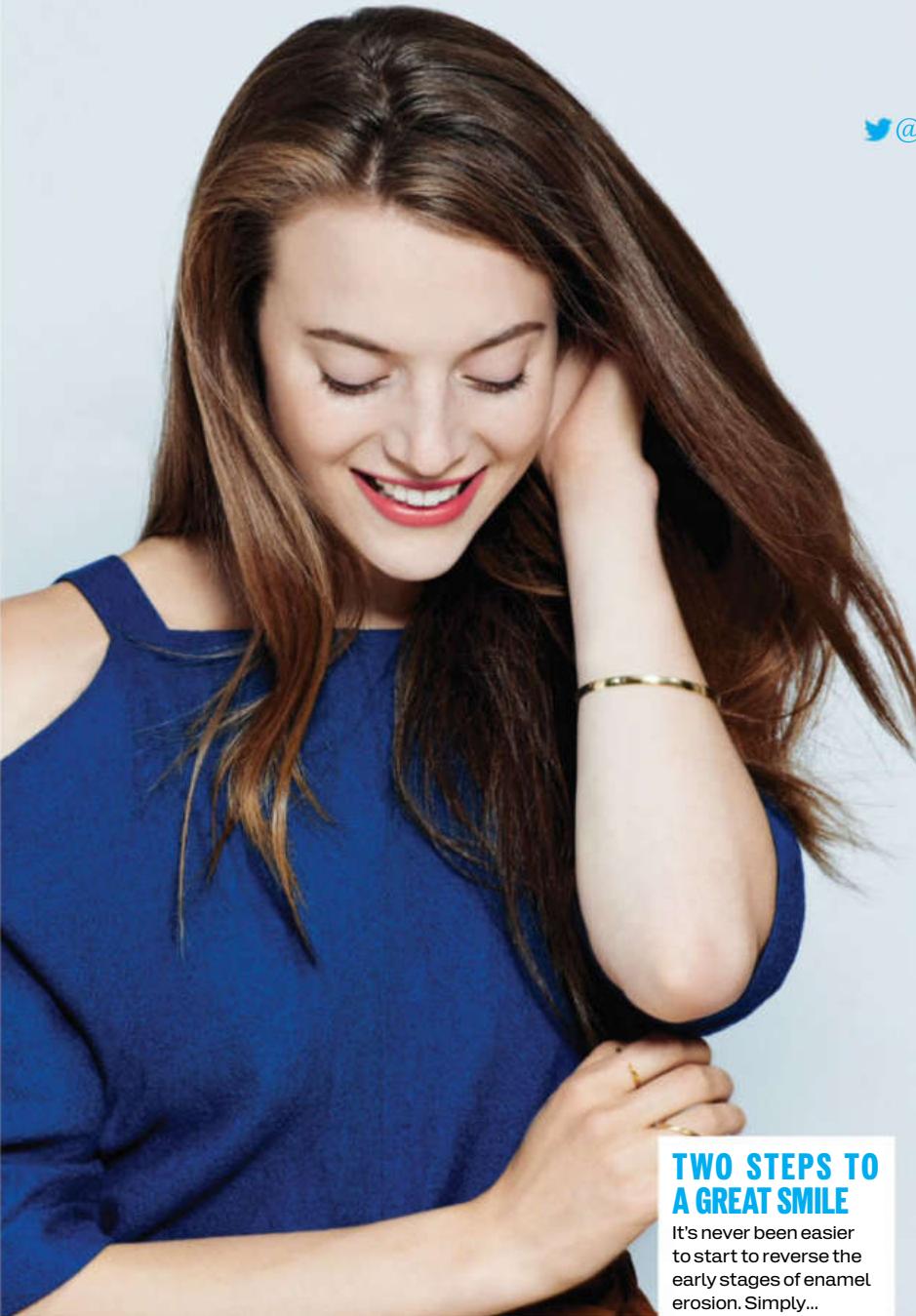
Aussie girls do.

#FindYourAussome

AUSSIE



There's more to life than hair but it's a good place to start



 @REGENERATE_uk

Get ready to smile

Now it's easy to show your best smile. Target enamel erosion with the two-step dental system from Regenerate Enamel Science

A great-looking smile is something we all aspire to. But did you know that no matter how diligent you are with your dental routine, regular, careful brushing and flossing isn't enough to stop the breakdown of tooth enamel or replenish what's been lost? Or that 80% of common tooth problems can be caused by enamel erosion and acid attacks, and that modern diet and lifestyles can cause erosive wear?

If you didn't, you're not alone. When we asked readers to test Regenerate Enamel Science many of them were unaware of the potential damage caused by enamel erosion. After the trial, however, 80%

After using Regenerate, 80% of respondents felt more confident about their smile'

of respondents agreed that Regenerate Enamel Science made them feel more confident about their smile, while 90% agreed that they now consider enamel erosion to be a health priority**.

What sets this innovative dental-care system apart is that it can regenerate enamel mineral and help reverse the early stages of the erosion process**. When asked to sum up her thoughts on Regenerate Enamel Science one tester did so in a single word: 'Revolutionary'. As verdicts go, that's definitely worth smiling about.



Regenerate Enamel Science™ Advanced Toothpaste, £10 (75ml, left). Regenerate Enamel Science Boosting Serum, £30 (2x16ml, above). Find them at boots.com and selected Boots stores

TEST YOURSELF!

Find out more and take the enamel erosion test at regeneratenr5.co.uk



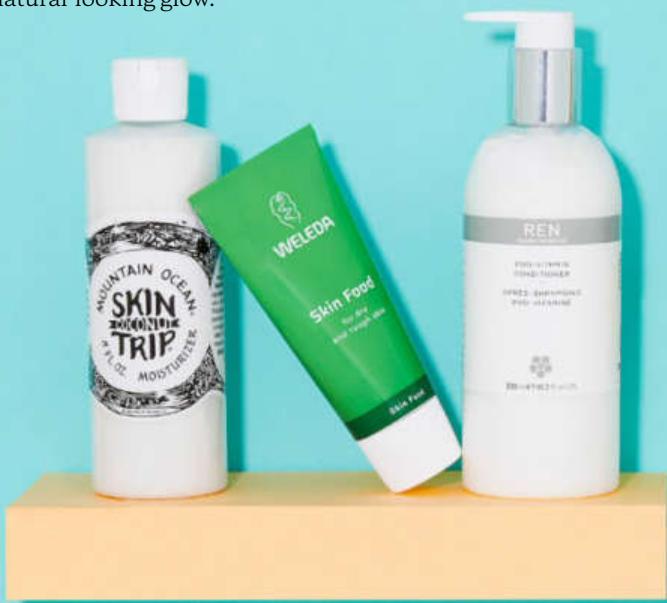
#ELLEBEAUTYCUPBOARD

Dree Hemingway

The 27-year-old American model and actress (and face of Chloé's newest fragrance) shares her secrets for a simple beauty routine

MORNING RITUAL

I follow the rule, 'less is more', so I mix any foundation I use with Weleda Skin Food Moisturizer, £9.95. It gives my skin a dewy, natural-looking glow.



BODY GLOW

I don't wear fake tan, but I do use body lotion every day to keep my skin looking healthy. My favourite is Mountain Ocean Skin Trip, £8.50. It's a mix of coconut oil, aloe vera and lanolin, so it fixes dryness and smells incredible.

HAIR HERO

I hardly ever use shampoo – because my hair is bleached, it gets really dry. I wash it with Ren Pro-Vitamin Hair Conditioner, £18. If I need a quick fix, I rub coconut oil between my fingers and run it through the ends.

FRAGRANCE FAVOURITE

I'm such a Chloé girl, so naturally its new fragrance (Chloé EDT, £58 for 50ml) is like me in a bottle. It's so fresh and reminds me of someone spinning in a field; that free-woman vibe.

MAKE-UP ESSENTIALS

My routine never changes. I use Tarte Amazonian Clay Waterproof 12-Hour Concealer, £22.50, wherever I need it; then I sweep Benefit Hoola Bronzing Powder, £23.50, just where the sun naturally hits. It's a bit of a Seventies, sun-kissed look.



NEW OBSESSION

Make-up artist Wendy Rowe gave me Burberry Fresh Glow Luminous Fluid Base, £34, and I'm totally hooked on it. It gives a subtle glow – you look as though you've just been for a jog.



TRAVEL MUST-HAVES

Instead of washing my face with water, I use Biafine Emulsion, £9.50, and I also spritz my skin with Darphin's 8-Flower Nectar, £95, to stop it getting too dehydrated. And I never get on a flight without Emergen-C and Berocca vitamins.

SEE IT

For more supermodel beauty secrets and the latest must-haves, visit elleuk.com/beauty

PANTENE



**VISIBLY ERASE THE DAMAGE
OF 100 BLOW DRIES**

OUR MOST ADVANCED FORMULA YET.
VISIBLY ERASES DAMAGE FROM THE FIRST USE.

YOU'LL BE BLOWN AWAY.



FIND OUT MORE ON PANTENE.COM



The alchemist

What makes some people **hate** a perfume that others **love**?

ELLE's Beauty Director Sophie Beresiner investigates

Miu Miu Eau de Parfum, £66 Contains jasmine! But it's soft and powdery and delicious.

MY INOFFENSIVE FRAGRANCE EDIT



Miller Harris Editions Rose Silence, £65 This is a unisex rose, and it's not what you'd expect.



Givenchy Live Irresistible, £75.50 My nostalgic first fragrance updated to a spicier, brighter version.

Byredo Rose Of No Man's Land, £88 A complex kind of rose that is sharp and interesting.

Dolce & Gabbana Velvet Mimosa Bloom, £155 Sweet and light and happy and bright.



Angel by Thierry Mugler makes me want – no, need – to remove myself from any train carriage it's permeating, yet it's one of the top 10 fragrances in the UK (sensitive commuters everywhere, beware). Granted, Angel is a renowned heady masterpiece, but then floral fragrances don't do it for me either.

I have a jasmine plant in my garden. It's there because it looks pretty, and friends come round for a barbecue and inhale deeply and exclaim how wonderful it is. I think it smells like, well, like wee.

Why? There's only one thing for it: research. When you start to type 'jasmine smells...' into Google, predictive search brings up '...like urine' or '...like poop'. So it seems I am not alone. Further research tells me that it's down to molecular compounds called indoles, which are found in jasmine – and also, well, in faeces. OK, so in perfumery, indoles don't quite smell that bad, but those who can pick them out of a floral-fragrance line-up certainly find them unpleasant (and don't get me started on where civet oil is found). But a quick office poll tells me I'm in the minority – most people love the powdery floral note, and most of these people are probably quite upset about the above revelation.

If you believe your perfume is an expression of yourself, then you'll want to make a good impression. So if you wear perfume for its intended purpose – to boost your feelings of confidence and attraction – here is my guide to avoiding offence:

PICK FLORAL NOTES CAREFULLY

Floral is in itself the safest option (it isn't too sexy, weird, overwhelming or sickly), but you must understand what you're dealing with here. There is a floral scale – from 'dirty' indolic jasmine to 'clean'. Stick to the cleaner end and you'll be good. Tuberose, orange blossom, gardenia or rose won't offend anybody's nostrils.

ASK A FRIEND

If you repeatedly wear the same scent, your sense of smell will tire of it. That means even if you're drowning yourself in something but you still can't smell it, everyone else still can. Particularly if it is Angel by Thierry Mugler.

GO MAINSTREAM

Since jasmine is the foundation for many a bestseller, it's good to know that some are non-indolic, which removes the 'dirty' issue. As a rule, look for more mainstream concoctions – they tend to use less indoles. Jo Malone White Jasmine & Mint Cologne, £85, and Aerin Ikat Jasmine Eau de Parfum Spray, £85, are safe jasmine-centric options.

SAVE THE POLARISING SCENTS FOR HOME

If you really love something but you're worried about wearing it, get the candle version. Or do what Jo Malone does and mop the floors with the cologne (and then bathe in caviar and rinse your hair with unicorn milk... only joking). Malone says to dilute the cologne, so it's not as extravagant as all that).

SOPHIE BERESINER
BEAUTY DIRECTOR



I don't **dream** of perfection,
I create it every day.

Emily is wearing Dream Satin
Liquid Foundation in Nude.

MAYBEL
MAKE IT HAPPEN™



Poreless coverage.
Dewy smooth finish.
**Glides, feels, looks
like satin perfection.**

NEW FORMULA

dream SATIN liquid

AIR-WHIPPED LIQUID FOUNDATION



Does yours sink into
pores and dull skin?



Ours floats for
poreless coverage.



Now available in 11 shades



©2015 Maybelline LLC.

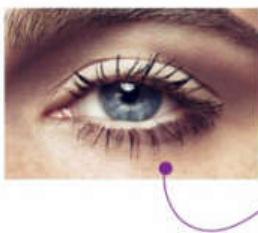
LINE[®]
NEW YORK

 @RIMMELLONDON

CURL IT UP

Give your party look a lasting makeover with new 24Hr Supercurler Mascara from Rimmel London

From work to play, long, luscious-looking lashes are the finishing touch to any beauty look – which has got to make Rimmel London's bold new 24Hr Supercurler Mascara one of the standout make-up launches of recent months. Its formula contains a special polymer that doesn't just curl your lashes, but locks that curl in for up to 24 hours. Long-lasting lashes are a make-up must come the party season, so we invited Rimmel into the ELLE Beauty Cupboard to showcase one of the season's boldest eye looks. Taking its influence from the 1960s, a contrasting white base and smoky socket is crowned by bold lashes. 'The new 24Hr Supercurler Mascara adds maximum volume and lift to the lashes,' says Kirstin Piggott, make-up artist for Rimmel London – all delivered with just a few simple sweeps of the mascara's elegantly curved brush.



BE INSPIRED!

For how-to videos and brilliant make-up looks using Rimmel London's new 24Hr Supercurler Mascara, go to rimmellondon.com/24hr-supercurler-mascara



 @RIMMELLONDONUK



Rimmel London's **24Hr Supercurler Mascara** marries volume and lash-curling power in a brilliant volume-rich, formula – perfectly aided by a special curved brush to bend lashes – for up to 24 hours of lashtastic curl.

 RIMMEL LONDON

#ELLEBEAUTYCUPBOARD



GUEST EDIT
LINDA CANTELLO

1 Find your shade Focus on enhancing your natural skin tone, not going darker. If you're prone to redness, choose a cool, peachy shade of bronze. If lack of sun makes your skin look sallow, warm shades like golden



brown will lift your complexion. **2 Fix your skin** If your face is dry in winter, use a hydrating serum. It's more effective than a heavy moisturiser, which will cause your make-up to slide [ELLE loves Liz Earle Superskin

Face Serum, £48. It boosts collagen and sinks in quickly]. **3 Make it last** Primer is essential. It seals in moisture and soaks up oil, so your make-up will look fresh for longer [try Eve Lom Perfect Matte Primer, £42].

4 Layer For more coverage, use a tinted moisturiser like Giorgio Armani Crema Nuda, £145, on top of your primer, then apply foundation. It's better to build up different products, rather



than cake on one. **5 Lighten up** Use a lightweight foundation so your bronzer glides on smoothly. Giorgio Armani Luminous Silk Foundation, £34.50, gives a radiant glow and feels like bare skin.



6 Play with texture If you're worried about drying out your skin, blend a liquid bronzer in an outward direction on your forehead, cheeks, nose and chin. Try Giorgio Armani Maestro Liquid Summer, £39.50.



HOW TO DO...

WINTER BRONZING

Linda Cantello, International Make-Up Artist for Giorgio Armani Beauty, teaches us how to perfect a skin-warming tan

TRY IT
For more must-try new make-up looks, go to elleuk.com/beauty

7 Swap your tools Instead of using a large bronzing brush, downsize to a smaller one for a precise application [ELLE recommends Real Techniques Flat Contour Brush 301, £22]. **8 Enhance your structure** Contour your face with a powder bronzer [we love L'Oréal Paris Glam Bronze, £12.99]. Warm your temples, under your cheekbones and beneath your jawline by buffering your bronzer in small circular motions. Then sweep it over your eyelids and beneath your lower lash line for a 'halo' effect that



9 Add colour Blush is essential to winter bronzing: the 'just-in-from-the-cold' effect was big this season. For a sheer, flushed look, start your blush at the end of your cheekbone (near the centre of your cheek), then lift the colour up to your temples [try bareMinerals Pop of Passion Blush Balm in Posy Passion, £20]. **10 Go natural** A light lip colour will enhance the bronze effect [ELLE loves Nars Lipstick in Belle de Jour, £20]. If pale shades make you look washed out, apply a lip colour similar to your blush, like



Giorgio Armani Ecstasy Lacquer in 501, £27. The colour of your cheeks and lips will help emulate a natural glow.

ALL ABOUT THE EYES**Smashbox Brow Tech Gloss Stick, £16.50**

A precision self-sharpening pencil that fills and boldens brows with a natural 3D effect.

Bobbi Brown The Intensive Skin Serum Concealer, £28

The best is now even better, thanks to skin-plumping Mukul Myrrh tree extract.

Rimmel London 24hr Super Curler Mascara, £6.99

Genius lash-curving polymers = no more scary eyelash curlers.

Maybelline 24hr Color Tattoo Eyeshadow, £4.99 each

The shades of the season, in a no-budge formula.



@ELLEBEAUTYTEAM

Aveda's Limited-Edition Hand Relief, £19.50, is the beauty desk's favourite hand cream – even more so when proceeds go to benefit the Breast Cancer Research Foundation this month.

Shop with conscience.



Eye-opening buys that'll ramp up your night-out beauty regime. Plus, it's time to look East for skincare tips

The beauty brief

EASTERN PROMISE

South Korea is invading our skincare regime – but this latest addition, which originated there, makes a real difference. The Elizabeth Arden Superstart Skin Renewal Booster, £45, is somewhere between a serum and a moisturiser (but not actually either of those): apply it before your usual skin products to boost their effects. Avon Anew Essential Youth Maximising Serum, £25, makes your skin glowy, smoother and more receptive to youth-boosting creams, too. Invest now.

**SCRUB UP**

Meet the spa-worthy body scrubs that keep mysteriously disappearing from the ELLE Beauty Cupboard. Molton Brown is such a body-and-bath authority, it's only natural its new Tahitian-inspired pots of sparkling skin insurance make us want to beg, borrow or steal. Molton Brown Comforting Body Polisher, £34

**THE FACE OF LUXURY**

Potentially the most extravagant launch ever, Givenchy's ridiculously luxurious mask delivers serious skincare action. Imagine the most potent sheet mask you could get your hands on, then give it the fashion house's signature 'lace-over', and combine it with ingredients that get 'suffocated' deep into your skin. We might even wear it to our next masked ball. Givenchy Le Soin Noir Masque Dentelle, £225 for three



SHARE IT Meet the
ELLE beauty team at
fashioncupboard.elleuk.com





The secret to
model-beautiful hair?

head&ssssshhoulders

*Visible flakes seen at 2 fl. oz. with regular use.



When it comes to her hair, **Sofia Vergara**
doesn't compromise and neither should you.
Get up to **100% flake-free*** and **model-beautiful hair** with
Head & Shoulders Smooth & Silky Shampoo and Conditioner.



FINDING THE MOTIVATION TO EXERCISE

BY ONE GIRL WHO NEEDS TO IMAGINE ZOMBIES ARE
CHASING HER TO WORK UP A SWEAT,
AND ANOTHER WHO JUST DOES IT

@NATLUKAITIS

THIS GIRL CAN

BY NATALIE LUKAITIS



Woody Allen once said: 'Eighty per cent of success is showing up.' I apply this rule to a lot of things, not least gearing up for something big exercise-wise, like, say, a triathlon. But this type of training takes a lot more than just showing up. It takes commitment. 'How can you be bothered?' is a question I often get asked. I rationalise it like this: you cannot buy the house of your dreams with one pay cheque. Just like one run isn't enough to get ready for a marathon. One spin class won't prep you for the London to Brighton bike ride, and one swim session won't get you ready for a triathlon. Trust me, I've tried.

Luckily, there are a few fitness fanatics in the ELLE office who sign up for these things, too. They keep me on track. If someone asks me to an exercise 'thing', I go. Even if I'm secretly dying inside from partying the night before. There's nothing quite like the power of camaraderie. Also, the potential FOMO worries me; I don't want to miss out on the pizza and wine afterwards. So, I had to make training second nature. I formed some serious habits.

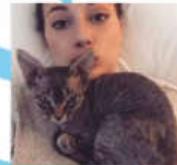
According to a study in the *European Journal Of Social Psychology*, it takes an average of more than two months before a new behaviour becomes a habit: 66 days, to be exact. The fact that most big sporting competitions require at least 12 weeks of regular training is where my fellow ELLE Fitters can help me out. We are too competitive to stop, so collectively we keep going. Every. (Other.) Damn. Day.

But it's not always easy for me. Even after 12 weeks of training, I wasn't quite prepared for the toll that swimming, bike riding and running in succession would take on my body when I competed in the Blenheim Triathlon at the start of June. I spent the entire swim contemplating throwing myself onto the nearest canoe. When I passed the finish line (I completed the race in just over two hours), I felt so elated about actually surviving, I immediately signed up for another one. My 'habit' has turned into something of an addiction. Staying committed is hard, no doubt about it, but if this girl can, you can too.

VS

THIS GIRL CAN'T BE BOTHERED

BY SOPHIE BERESINER



The reason I run (sporadically) much more in summer than winter, and mostly at weekends is because I don't have to go to a gym to do it. It's an exercise entry point. Comedian Eddie Izzard (who ran 43 marathons in 51 days after just five weeks of training) can take full credit. I heard him once say: 'You just go out your front door and off you go.' Above all other motivational messaging around exercising, this one resonated with me the most. 'I can do that,' I thought. 'Going out the door: easy. Then going away from the door, at a faster pace than I normally would - how hard can that be?'

Quite hard, as it turns out. If you're a total novice, running around the block is embarrassingly difficult. If there was danger behind me, I'd have no chance. This is quite a sobering thought, so I've decided to make (a bit) more of an effort. I must be able to run, I will endeavour to train at least four times a week and I will be confident enough to join the ELLE Fit Team within a few weeks, surely.

If only my face didn't go quite as pink, and running with my peers encouraged me rather than made me anxious. There is only one thing for it: solo personal training. I need someone in my ear, telling me what to do, without actually being with me, and preferably spurring me on with some kind of imminent threat.

This exists, and it is called *Zombies, Run! 5K Training*. An eight-week, o-5k training app that is cleverly disguised as an immersive storytelling experience. Each new workout follows a narrative that is different every time, so you never get bored. Sometimes, I even get slightly scared, which makes me run faster, so I'm high-intensity interval training without even knowing it. When the narrative isn't going on, your own music fades in. I honestly look forward to Saturday mornings now, just so I can go for a run and find out what happens next. But that four times a week thing isn't quite working out for me. Yet.

@I_LOVE_LIPSTICK



#ELLEFIT
For more fitness
inspiration, visit
elleuk.com/beauty/
health-fitness

Ultimate Blends

HONEY TREASURES

BLENDED WITH ROYAL JELLY
HONEY AND PROPOLIS

Our Honey Treasures
collection for damaged hair
that feels *strengthened*
and *restored*.



GARNIER

Find your blend at
garnier.co.uk/ultimateblends

Prescription skincare without the prescription



Cetaben

A unique formula that's helped millions manage their dry and eczema-prone skin, proving so popular that 96% of people would recommend it to a friend¹. And now it's available without prescription from major retailers as well as pharmacies. So you can easily get the same high quality care for your skin, without a visit to the doctors.

www.cetaben.co.uk

As close to your skin as you are.



¹Cetaben Cream patient preference study, Sept 2013

Always read the label



ELLEFIT

HEAR IT Pump up your jam by listening to Ellie Goulding's workout tunes at elleuk.com/now-trending

TOP TIP

NO WHEY

Before you buy your next tub of protein, consider your base. 'Whey protein [the by-product from the process of turning milk into cheese] is extremely popular, but the quality of it is nowhere near as good as that of plant proteins, like pea, soy, rice and hemp,' says celebrity trainer James Duigan. 'They help repair and create lean muscle more effectively.' Try Lean & Clean's Vegan Protein Excellence, £49.95.

PUMP UP THE JAM

Listening to your favourite music helps produce the feel-good chemical dopamine, which eases muscle pain. The *British Journal Of Sports Medicine* also found that the tempo of the music synchronizes the brain neurons,

helping you perform repetitive exercises without even thinking about it.

Clockwise, from top left: **J Brand** does the best cut of jeans, so we're excited to try its new activewear line, **Edge Collection**. The grey zip-fastened knitted hoodie, £230, is high up our wish list; motivate yourself with **Marks & Spencer's Run Run Run** Slogan T-Shirt, £15. The message is clear; pack **Mio's Gym Kit**, £21, for your next workout. It contains Clean Slate Wipes to remove make-up pre-workout and freshen up afterwards, plus its cult hero Workout Wonder, a genius gel that eases muscle soreness; **Odlo's Shine in the Dark Leggings**, £65, don't just look good – the reflective panels have been cleverly integrated into the design, so you can look fly and stay safe while running.

WEARABLE TECH

TEAM #ELLEFIT PUT THE LATEST FITNESS TRACKERS TO THE TEST



THE TRACKER: Samsung Galaxy Gear Fit, £169
BEST FOR: Bridging the gap between a smart watch and activity tracker. This will notify you of any calls, messages, emails and social media updates that come through to your Samsung smartphone.



THE TRACKER: Garmin Swim, £129.99
BEST FOR: Swimming, obviously. It's hard to find a device that can monitor your pool performance properly (and accurately), but this does it.



THE TRACKER: Fitbit Surge, £199.99
BEST FOR: Unbeatable heart-rate tracking. The built-in monitor keeps super accurate tabs on your pulse all day, whether you're running, cycling, or just walking to the bus stop.



THE TRACKER: Jawbone UP2, £69.99
BEST FOR: Simplicity. It's small but still nails the basics, like activity tracking and sleep monitoring.



THE TRACKER: Sony Smartwatch 3, £229.99
BEST FOR: Getting a PT workout without the personal trainer. It links to your phone to show you the moves. Genius.

Your best hair solution

Want instant results and long-term improvements for your hair? Discover the perfect Tresemme Specialist range for you

Two months ago three women took up the challenge to address their hair problems head on. Alex wanted a boost of shine and nourishment; Pamela was keen to combat frizz; while Mary was desperate to counter the effects of daily heat styling that had left her hair looking and feeling lifeless by giving it more body and shine. So, did the Tresemme Specialist ranges live up to the promise? Let's find out.

MARY BALLANTYNE, ACTRESS

'To maintain my platinum blonde hair it needs highlighting every three to four weeks, but over-processing can leave my hair looking dull, limp and lifeless. The Youth Boost range, balances the effects of this. I'm a big fan of the Fullness Emulsion Spray (£6.99*) especially; it's given my fine, damaged, hair more volume and body.'

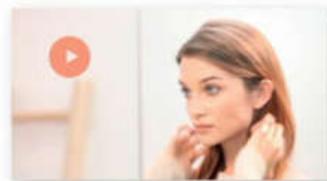


PAMELA RAMOS, MODEL

'My hair can be pretty wild and frizzy – before this trial I would wash it twice a week, but would have to straighten it every day! The 7 Day Smooth range isn't just easy to use, the shampoo, conditioner and Heat Activated Treatment (£6.99*) really does leave my hair smoother through several washes**. Getting ready for castings is much quicker now.'



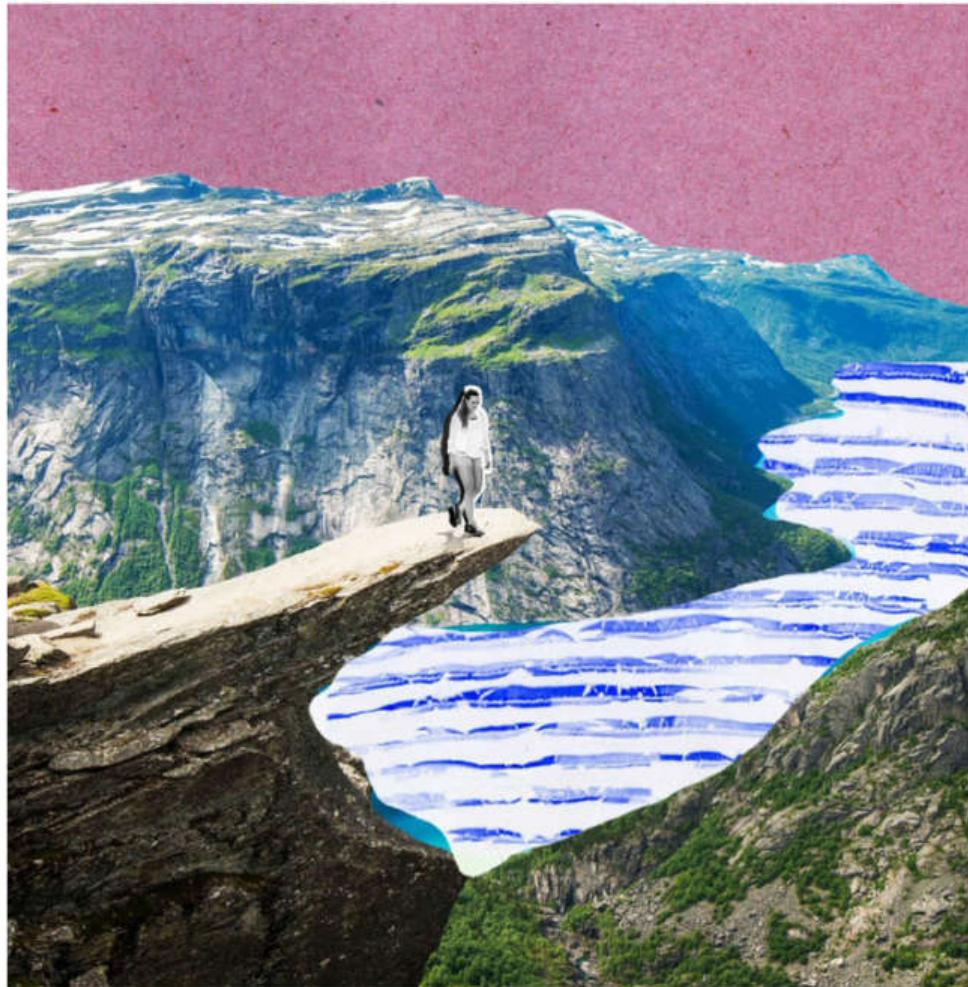
WATCH IT
See how you can get the best results from the Tresemme Specialist range at thehairacademyuk.com



ALEX ROSE, WRITER

'Eight weeks ago my hair was dull, with dry and brittle ends; it was pretty difficult to make it look shiny. Oil-based products can leave hair greasy, but the Oleo Radiance range – particularly the Oil Elixir, £8.99* – is so lightweight. It has made my hair much more manageable to style. And it's shinier than ever.'





PUSHING THE LIMITS

Where does casual exercise end and fanatical training begin? ELLE's **Miette L. Johnson**, a self-confessed fitness obsessive, defines the tipping point

 @MIETTELJ

Welcome to a world where Tough Mudder is child's play and marathons are a fun day out. This is not the kale brigade, the bridal bootcampers or alkaline evangelists. These are reincarnated souls who've transcended a past life of casual classes and moved to a higher plane. Why do some people cross the threshold, and others turn back? Where is the fitness tipping point?

Lycra-clad maniacs are seemingly everywhere, perverting our social media feeds with post-workout selfies and impeding rush-hour foot traffic. As a total convert, even I am reaching saturation point. But sift through the noise and you'll notice more than a trend - a greater collective shift is happening. Female participation in long-distance events is at an all-time high:

37% of Virgin London Marathon 2015 participants were women (the first, in 1981, boasted just 5% female competitors), and Oxfordshire's gruelling 100km Race to the Stones is nearing a 50/50 split. Still, not everyone is running marathons or electrocuting themselves in fields across Britain. I should know - I'm one of the few who are.

As I write this, I have just completed the Tromsø Skyrace, a 45-kilometre mountain race that climbs 4400m over rocky peaks in northern Norway, 300km north of the Arctic Circle. I consider this normal now. Yet three years ago, I hadn't so much as hustled for the bus. I started jogging - begrudgingly - a couple of times a week alongside the rest of the ELLE team, as part of the launch of ELLEFit in 2013. Since then, we've splintered off into fitness factions and, unexpectedly, I've become the extremist. How?

I'm trying to pinpoint the moment when a trend becomes a lifestyle, and then a way of life. Jean-Claude Vacassin, founder of W10 Performance Gym (and my coach - yes, I have one of those) knows me, and my body composition, far better than I care to admit. He's watched me go from 'can't squat, won't squat' to casually deadlifting 90kg before sunrise. And I'm not alone. At the last count, during one of my 6am sessions, over 75% of the people dropping f-bombs and kettlebells were wearing sports bras. Recently, Vacassin has seen a marked rise in Ladies Who Lift.

'Part of it has to do with gender equality,' he tells me as I lie limp on the gym floor, buying time between sets. 'Women want to show they can succeed at work, be in shape and enjoy a few drinks. I also see that for many women, especially working mothers, that hour of time alone, three or four times a week, is really important to them.' And for those of us flying solo, without the added challenge of raising a family? 'People may feel they lack purpose, and training can provide that. They get hooked on doing something that's significant to them and that, combined with feeling fitter, is addictive. There is a hormonal cascade, a release of endorphins that comes with training, particularly endurance training.' Though Vacassin acknowledges women's fitness is having a fashionable moment, he is optimistic about its long-term effect. 'For the most part, I think it's a positive progression. The issues arise when the motivations are not intrinsic. Ultimately, the work should be about you, not your social media score.'

So what creates this motivation to take it up a level? Exercise is time-consuming and expensive; running, as the exception to the rule, is largely free, provided you

own a pair of trainers, but that's the only time this lifestyle comes cheap. Every race entry costs money, as does constant training: a gym membership, an emergency Uber after a tough session, a second impromptu lunch because you are now perpetually hungry. Add any 'treat' classes on top of that and you've developed a serious habit. If you've ever paid £20 to ride a bike in the dark for 45 minutes while an instructor shouts 'you're ah-MAZ-ing!' (in Central London, a spin, barre or bootcamp class can cost even more), you'll have to admit you're a junkie, and I'd wager you're on the brink of tipping.

Here's where it gets complicated. I believe there's a dark side to this addiction, a kind of socially acceptable – and too often, competitive – way to control our bodies, measuring ourselves against those spinning beside us in a majorly unhealthy way, under the guise of being super-fit. I weigh my food; anorexics weigh their food. I count macronutrients; anorexics count calories. I may get my essentials, but it doesn't mean my obsession is *necessarily* good for me. For a while, I became neurotic about clocking miles, beating personal bests (beating my editor-in-chief's personal bests), updating my status, and amassing virtual high-fives from fit followers on Twitter. I became so emotionally invested and, having pushed my body beyond its untrained ability, I injured myself and was struck off running *for five months*. I was devastated. Who was I now that I'd lost my new superhuman social identity?

It was probably the best thing that could have happened to me, because it forced me to look at my *why*? I had gone fit-crazy, and it hurt me, putting myself at real physical risk, the consequences of which could have had a permanent impact on my future health. I stood in front of an x-ray staring at my black-and-white insides while a chiropractor used a pen to pinpoint precisely which part of my spine would cause me to unravel in 30 years if I didn't think about my *why*? now. A few months of getting back to basics taught me that good things come to those who wait. The highs I chase now are carefully planned, scheduled and trained for, and I don't beat myself up about

taking a rest day. I eat the cake. Nothing bad happens.

Susie Chan, an ultrarunner (and mum), took up running in her early 30s as a single parent trying to carve out time for herself between work and childcare. Since her first half marathon in 2010, she has gone on to run the Marathon de Sables (MdS), widely considered to be the toughest race on the planet, twice. It's a six-day multi-stage race across the Sahara, 156 miles of desert heat. 'I thought the MdS would be the end, but it opened my eyes to a whole new world. I realised how doable ultrarunning is. I've met wonderful people, including my husband [jog on, Tinder: all the action's moved to the start line]. I realised that with a bit of confidence, you can do things that seem absurd. It's less about body shape and finish times, and all about the experience of the challenge. Running is now so entrenched in my life, I can't see it ever not being a huge part of it.'

Rhalou Allerhand is another Tipper. A fourth-generation runner, she attributes her powerful thighs to DNA passed down from her grandmother and great-grandmother, both competitive sprinters. 'My legs may not look great in skinny jeans, but they can run all day long.' And I believe her: I followed with glee on Twitter as she spent her 35th birthday enduring her own bespoke and self-inflicted ultra-marathon, one mile for every year of her life (a standard marathon is just over 26 miles, BTW), filled with friends, ice cream and disco-ready glittery hot pants. Despite hitting the genetic jackpot, ultra-running for her, like Chan, has helped her smooth out some

emotional rough patches. 'Running came to me when I needed it most. I'd struggled with depression and body issues most of my life, I was going through a painful break-up, and I didn't know how to cope. It never occurred to me that regular exercise might help. I ran around the park, desperately trying to get better, and as my fitness improved, running became a daily meditation that helped me cope with sadness and heartache. It's now the framework on which every other aspect of my life is built. It keeps me sane, calm and happy.'

As Vacasson points out, it's the motivation that determines the staying power. I like to think that

women like Chan and Allerhand, and even myself, have discovered a sweet-spot beyond the fitness zeitgeist that has shown us our limits are way further than we thought. Of course, hitting the gym a few times a week will make you fitter, and you'll nab a few 'likes' on Instagram and earn your membership to a growing online community of workout warriors, tenuously linked through hashtags and avocados, along the way. You'll be less likely to go heavy on a Friday night knowing a guy in tights is going to punish your raggedy-ass on Saturday morning (one instructor recently called me 'Bubbles' repeatedly throughout a 45-minute HIIT class upon learning I'd been cruising the champagne super-highway the night before. It is a wonder either of us made it to the end of the session alive). The physical implications of getting involved in the fitness craze are obvious and largely positive. I'll favourite that. However, the discipline and mental fortitude required to venture so far outside your comfort zone, be it 10km or 100km, should be, I think, the driving force. Having had my share of failures and successes, I have an intimate appreciation for both the discomfort and elation that accompanies even the smallest of these victories. An entire world opens up, one where you can, instead of can't. Or sometimes you can't, but you tried, and learned. Both results are equally valuable.

Over time, I've collected an awesome group of women, both on social media and #IRL. I love watching their adventures unfold, hearing about their rainy, freezing training runs and the times they quit, as much as their triumphant finishes. They share in mine too. When I need advice, like when I was freaking out about how to fuel my 11-hour ultra-marathon, they're there to say, 'Pizza! Jelly beans! Melted Häagen-Dazs!' and it makes me excited, not afraid. Now that I've tipped, I'm no longer defining my *why*? using a fashionable data set outlined by other people. I'm racing against myself and redefining my limits. Sure, the extremes may hurt, it can get scary, but the returns on some relatively small, calculated risks are huge. That's the real tipping point: when it stops being about the clock, the medal falls, the likes and the favourites, and becomes about the *wonder*. Just because you don't know what's going to happen, doesn't mean you should be afraid. If you're on the precipice, tip: I dare you. Go on an adventure, find out what happens next. I will meet you there with ice cream. ●

'AN ENTIRE WORLD OPENS UP, ONE WHERE YOU CAN, INSTEAD OF CAN'T. OR SOMETIMES YOU CAN'T, BUT YOU TRIED, AND BOTH RESULTS ARE EQUALLY VALUABLE'



Miette taking a break midway through the 45km Tromsø Skyrace

ELLE READ IT
Follow Miette's adventures at elleuk.com/tags/running



Sometimes less is more...

Especially when it comes to your smile. The less stains you have, the more your flawless white smile can shine through. The innovative new formula of Lasting Flawless White helps you achieve this by gently removing 100% more surface stains to reveal the more beautiful white side of your smile.



**Whitening.
It's all we do.**

COSMOPOLITAN



*STARRING
NAOMIE HARRIS

Smart fashion * Beauty investigations * Sex & relationships
Workouts & wellness * Sharp career advice * Inspiring food & travel

NEW-LOOK COSMOPOLITAN

SMARTER. SHARPER. BOLDER.

November issue



On sale 1 October

THE BEST HOLIDAYS

leave you glowing



Our hotel makes every moment more special. From a warm, chocolate chip cookie welcome to kind, thoughtful service, a holiday with us is unlike any other.

**Always get our Best Price Guarantee[†],
only when you book direct.**

from
£59*

 DOUBLETREE.COM  1-855-610-TREE  [HILTON HHONORS APP](#)

Where the little things mean everything.[™]



Hilton

*Limited availability at advertised rate. Sample daily rates featured are 'from rates' and are subject to availability at participating hotels in Europe, Middle East and Africa for weekend arrivals until 30 October 2015. Rates will vary based on selected hotels and may include higher or lower rates than advertised based on specific travel dates selected. Featured rates are subject to change and are for stays which may begin on Friday, Saturday or Sunday nights or Thursday, Friday or Saturday in the Middle East. Each hotel has a policy addressing cancellations and/or blackout dates that may apply. Unless otherwise stated, quoted rates are per room per night and are for room only, based on double occupancy and do not include taxes, gratuities, incidental charges, resort fees or other associated costs (where applicable). Currency conversions are a guide and are correct on day of print. The Best Available Rate is a specific rate type that varies depending on time of purchase, is unrestricted, non-qualified and excludes discount or negotiated rates. For more information visit [hiltonweekends.co.uk](#).
†Visit [DoubleTree.com](#) for terms and conditions.

TRAVEL

ELLE



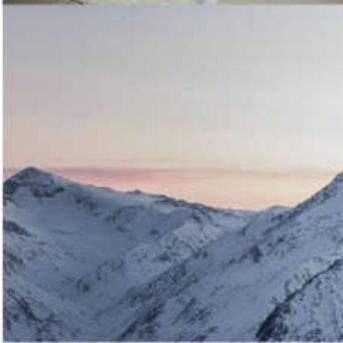
5

Dream it > see it > book it



4

FIVE
OF THE
BEST



Peak cool

This season's most stylish piste-side stays: 1 **Das Central, Tyrol, Austria** (central-soelden.at); 2 **Haute Montagne's 'Überhaus', Lech, Austria** (hautemontagne.com); 3 **Wiesergut, Hinterglemm, Austria** (designhotels.com); 4 **Chetzeron Crans-Montana, Switzerland** (designhotels.com); 5 **Hotel Kazbegi, Stepantsminda, Georgia** (designhotels.com).

Also: A Bond fan's paradise in Jamaica, and old-school glamour at the most iconic hotel in Paris.



2



1

COOL AS ICE
Das Central, Tyrol, Austria

Welcome TO JAMROCK

*Fancy a Bond-style honeymoon in
three of the coolest hotels in Jamaica?
Step right this way, says Leisa Millar*



Main image: The GoldenEye lagoon at Oracabessa Bay. Above: Leisa with her new husband, Jamie. Left: One of the resort's lagoon cottages. Below: Appropriate holiday reading



We wake up with the heat and the light. We can hear the soft wash of the Caribbean, like we could last night when we arrived in the dark, dazed after an 18-hour journey. Then, it felt alien and disorientating – it's November, only 48 hours since we married in chilly London. Now, it feels exciting.

I push open the door of our villa onto a deck built on GoldenEye Resort's incredible, private, white-sand Low Cay Beach, and it is a heart-bursting kind of moment. We're married. It's suddenly summer again; the sun is blinding. We are in Jamaica, and this is paradise.

SHAKEN AND STIRRED IN ORACABESSA

Choosing a honeymoon destination meant, for me and my husband Jamie, a tick for the bucket list. *Bond* author Ian Fleming swung it in Jamaica's favour. Jamie loves James Bond, and GoldenEye

 @LEISAMILLAR

is a resort built around the house in which Fleming lived and wrote (you can stay in the original building, and it still contains the very desk he used). It's a Mecca for fans. Not that Jamie had to twist my arm: I had fallen in love with the easy, blissed-out feel of Jamaica during a brief work trip a few years earlier and was keen to go back and explore it further. An excuse to do that in five-star luxury? So much the better.

GoldenEye, based on the north coast of the island, in Oracabessa, is part of record and film producer (and discoverer of Bob Marley) Chris Blackwell's Island Outpost hotel group, but its unique *Bond* heritage is ever-present – our one-bedroom beach villa even contained a selection of Fleming's books. Along with the original house, which is set back on a bluff above



Far left: Escaping the heat in the Bizot Bar. Left and right: Low-key luxury at GoldenEye



Above: Leisa has her very own Dr. No moment. Right and below: Celebrity tree-planting and beach views at GoldenEye



'Naomi Campbell and Ralph Lauren own properties here. We sailed past Mick Jagger's former home en route to the famous Dunn's River Falls'

he died, a monogrammed pink towel still hanging from a rail, is an eerie experience. He's buried on the property. A statue of him sits in the best spot in the garden looking out over the bay, smoking a bronzed cigarette, cool as you like.

Jamaica (population: 2.8m) is a small country that punches well above its weight in cultural influence in everything from music and food to sport and its famous Blue Mountain coffee. Couple that with its lush scenery (flawless beaches, a clear, warm sea and mountains where trees are criss-crossed through with winding roads) and it's little wonder that it's a magnet for successful, creative types. Fleming and Coward might have been early evangelists, but the trend continues: Naomi Campbell and Ralph Lauren own properties here. We sailed past Mick Jagger's former home in Ocho Rios en route to the famous Dunn's River Falls (a trap for the hordes pouring off cruise ships, we realised).

On the whole, though, we steer away from anything too touristy, happy to wind down and luxuriate in GoldenEye itself. Its famous guests – and there are many – each plant a tree in the garden: Johnny Depp's catches my eye. Pierce Brosnan's caught Jamie's. Obviously.

Dinner in The Gazebo is often catch of the day – fresh Escovitch snapper, or grilled lobster tail. One afternoon, we wander over to the spa for treatments and the staff profess surprise that we'd walked the 10 minutes across the grounds rather than swimming directly across the lagoon: they have towels at the ready for guests who arrive dripping wet. ▶



Left: A typical roadside fruit stall at Jamaica's Boston Bay. Above: Dunn's River Falls



the sea, GoldenEye is a series of villas and cottages dotted along the beach and around the lagoon that snakes through the resort. The vibe is rustic; nostalgic, almost. We have a Smeg fridge (stocked with Red Stripe), a flat-screen TV, and WiFi so good we can even get it on the beach, but we also have a claw-foot bath, hand-dyed batik robes and a sweet private garden strung with a well-worn hammock. The Bizot Bar, where we breakfast on fresh fruit and pancakes in the mornings, and escape the heat for a rum cocktail in the early afternoons, is decorated with sun-bleached driftwood and papered with old music posters.

There are 'wata sports', such as paddle boarding and snorkelling but, as lazy honeymooners, we give them a miss.

Having been together for six years by this point, Jamie and I are pretty good at holidaying together and for us, it is all about relaxation. Well, mainly: Jamie would never miss a workout. I watch him doing his press-ups on the beach from the sun-lounger, coffee and a copy of *Octopussy* in hand (when in Rome, right?). The first day, one of the staff – who are discreetly ever-present, though never intrusive – hands him a skipping rope and step.

Fleming wasn't the only British writer to fall for Jamaica. Firefly, playwright Noël Coward's former home (and prior to that the former headquarters of legendary pirate Captain Morgan, who I was surprised to discover was not fictional), is just a 15-minute drive away. It promises 'the most stunning view in the Caribbean', and its vantage point high up in the mountains means that's not entirely hyperbole. The grand grounds belie a surprisingly modest house that remains just the way Coward left it. The table is still laid as it was when the Queen Mother dropped by for lunch in 1965. Stepping into the bathroom where

A-LISTERS HAVEN PORT ANTONIO

From GoldenEye, we make the 50-mile drive east across the Blue Mountains to Port Antonio. As soon as we're on the road, I'm thrilled we've made the decision to explore: Jamaica is an incredibly beautiful country. The scenery flicks from busy highways crowded with lorries and painted buses carrying schoolkids, to tiny, dirt-track roads that wind up through the mountains, to an unexpectedly slow crawl through a town where I've never seen so many people on the street - walking, standing, sitting outside buildings, just watching. Reggae music mingles in the air with the smell of patties from the street trucks: a laid-back, easy way of life in the searing heat. Our plan for rafting down the Rio Grande to break up the journey is foiled by industrial action, which is common in Jamaica, but a stop-off at Juici Patties, Jamaica's biggest fast-food chain, for lunch, puts us back on track. You can't go

Right:
Honeymoon
essentials:
beach, bar, pool.
Far right: Sunset
at the all-white
Trident Hotel



to Jamaica and not eat a patty, which is like a Cornish pasty, with a choice of fillings. Ditto jerk, although you'll have to go out of the resorts for the good stuff. (Scotchie's, in Ocho Rios, is low-key but near-legendary among tourists.)

Given our non-rafting detour, it takes around three hours for us to get to Port Antonio. There is a real buzz in the air there right now: a very different vibe from the old-world luxury we found in Oracabessa. The lack of a commercial airport nearby makes it a haven for visiting A-listers (the best properties have helipads), and there's an edgier, more happening feel to this part of the island. Much of it has remained largely untouched since its Sixties heyday, when it was the stomping ground of jet-setters such as Liz Taylor, Richard Burton and the Aga Khan, and it is undergoing a glamorous regeneration. The nearby Blue Lagoon, a natural wonder, where freshwater springs and seawater collide, is a must-see (and, for those braver than us scaredy-cats too afraid to submerge ourselves somewhere so deserted, a must-swim).

Arriving at the Trident Hotel is like stepping into another world. Opened in 2012 by British music impresario Jon Baker, who is passionate about the area's regeneration, and commissions local architects, artisans and students for his projects, its ultra-modern aesthetic is a real palate-cleanser: all-white everything

and the cleanest of lines. It comprises 13 villas (Beyoncé stays in the corner plot - which is closest to the private beach), and with a private pool in our garden that is separated from the open sea by only five metres of rock, it really isn't necessary to explore any further. The privacy means it's the first real chance we've had to be ourselves again. The following evening, we have dinner with Jon and his wife Coco at Mike's Supper Club, Trident's speak-easy-style restaurant, where we listen to live jazz and I eat a panna cotta that looks like a work of art.

ROCK-STAR RETREAT GEEJAM

For the final stay of our trip, we transfer to Geejam Hotel, another Baker-owned property, which is just a 10-minute drive from Trident and just as hip - though with a



Food stalls and
juke joints at
Ochos Rios



Each of the villas at Geejam Hotel is totally private, reached by its own private path

MAIN TRAVEL
JAMAICA

completely different feel again. Built up in the forest, Geejam is all about music. International artists from Gwen Stefani to Alicia Keys rent out its private, three-bedroom Sanwood Villa and book out its recording studio. Apparently, Katy Perry has only recently checked out.

We stay in Mento, one of the four smaller treetop cabins, which has a bird's-eye view of the Portland coastline and a Jacuzzi on the balcony. Each villa is totally private, reached by its own path and shrouded by foliage, making it feel like you're alone in the jungle – an incredibly romantic set-up for honeymooners (made even better by the fact that, on arrival, we are given a mobile phone that we can use to order anything to our door). There's a private beach a short walk down a flight of steps, but we never make it. The weather takes a turn for the gloomy and we spend a lot of time in the Bushbar, Geejam's hub, drinking coffee, reading and watching the rain power its way through the huge leaves of the trees. It is, frankly, as blissful as the hot, hot days we spent lazing on Low Cay. A sense of the Jamaican *irie* pervades. One day, we head to the nearby town of Boston Bay, which claims to be where jerk originated, for lunch. Here, restaurants that are more like wooden shacks with hot plates and spits competing for business. It feels quite hectic after the chilled vibe at Geejam.

Ten days, three destinations and a whole spectrum of weather later, our honeymoon ends the way it started: with a beach. On our last day, we go to Frenchman's Cove. Billed as one of the top five



GETTING THERE

Getting there: Virgin (virgin-atlantic.com) flies direct from London Heathrow to Montego Bay, Jamaica, from £1,027 return

WHERE TO STAY

GoldenEye, Oracabessa Bay, Oracabessa. +1876 622 9007; goldeneye.com. Lagoon Cottages (sleeps two), from £400, B&B

Trident Hotel, Anchovy, Port Antonio, Portland. +1876 633 7000; tridentportantonio.com. Studio Villas (sleep two), from £322, B&B

Geejam, San San, Port Antonio, Portland. +1876 993 7000; geejamhotel.com, hotelesmaraes.com. Villas (sleep two), from £274, B&B; doubles from £90, B&B

For more information, go to visitjamaica.com



BOOK IT Find more holiday inspiration at elleuk.com/travel



THE LOOK

The impossibly elegant lobby sets the tone with its wrought-iron lift and Louis XVI chairs. And the rooms are luxurious, but discreetly so. Book on the upper floors for night-time views of the twinkling Eiffel Tower.

THE FOOD

The Michelin-starred 114 Faubourg is home to arguably the best burgers in Europe, as well as Parisian staples such as steak tartare. If that's a bit rich for your taste, head to the more modest Epicure, where the breakfasts are second to none.



Hotel Le Bristol

If it was good enough for David Beckham to call home during his stint playing for Paris Saint-Germain FC, it was good enough for us - especially when there was the chance of catching a glimpse of him (which we did: twice!). No wonder Le Bristol is a favourite A-list hideaway: its flawless service makes everyone feel totally at home, even if home, in this case, is an 88-room sanctuary in the fanciest part of Paris, next door to the presidential palace, no less. And how can you resist a hotel that has not one, but two resident cats? Say bonjour to Fa-Raon and his lady companion Kléopatre (top left).

Paris



THE BAR

We have been known to pop into the beautiful Le Bar du Bristol. Not just for a glass of chilled house white, but also (and really) for the free cheesy cashew nuts. They are worth the Eurostar fare alone. And the ambience? Cool but elegant.

Hotel Le Bristol, 112 Rue du Faubourg Saint-Honoré, 75008 Paris. Doubles from £480, B&B. +33 (0)1 53 43 43 00; lebristolparis.com. Eurostar (eurostar.com) has return fares from London St Pancras International to Paris Gare du Nord, from around £72.



HANDY FOR

Making the most of your luggage allowance by blitzing the Rue du Faubourg Saint-Honoré strip of fancy boutiques, which are just outside the door; checking out amazing restaurants; or just hanging out people-watching in the lobby. And if you fancy a swim, head up to the hotel's (indoor) rooftop pool.



ESCAPE Find more places to stay at elleuk.com/travel

*New season,
new nails*

ORLY NAIL POLISH **FREE GIFT**

The new season calls for new nails. Update your polish collection with your exclusive ORLY nail polish, worth £10.50, only with November ELLE. The expertly formulated polishes allow you to create a salon-quality manicure at home.

Each shade has been carefully selected to complement the on-trend colours you'll be seeing in your wardrobe this autumn/winter: team Violet Pastel with royal blue or teal clothes, Cherry Crème and Grape Neon with primary colours, and Rose Chrome Foil with earthy tones.

Pick your favourite, or collect all four and change up your look.

**YOUR NEW-SEASON NAIL SHADES,
AS CHOSEN BY ELLE**

I love ORLY nail polishes. They give a salon-quality manicure at home. These are your colours of the season.'

ELLE BEAUTY DIRECTOR
SOPHIE BERESINER

FREE GIFT
WORTH
£10.50



CHOOSE FROM THE FOLLOWING SHADES (L-R):
VIOLET PASTEL, CHERRY CRÈME,
GRAPE NEON, ROSE CHROME FOIL

THE FASHION EDIT

KAREN KANE

2015 has been a milestone year for American fashion designer Karen Kane. While her sportswear collection has long been a staple in American stores such as Bloomingdale's and Nordstrom, the designer has celebrated her eponymous brand's 35th anniversary by expanding into new accessories such as jewellery and hats. In early 2016, she will also add swimwear and active wear to her brand's roster of products.

To see more, visit www.karenkane.com



JOHN GREED

Become the Queen of the Jungle and discover a touch of animal magic with this enchanting array of accessories. This best-selling Origami Safari Collection was created exclusively by the in-house design team taking you on an adventure to the wild side. The exclusive collection will make your style truly shine with prices starting from £14.95 featuring origami bunny necklaces, unicorn earrings and more!

ELLE readers receive an exciting 15% off the wild collection using code ELLE15 - code expires November 30th 2015.
www.johngreed.com



VINTAGE HOUND

Vintage Hound ranges distinct and unique gifts for loved ones, or yourself. From glittering Swarovski crystal jewellery to hand crafted Harris Tweed bags, vintage silk scarves and exotic kimonos. For the chap in your life we have vintage cufflinks, bowties and pocket squares, Harris Tweed bags, wallets and mantiques. Vintage Hound works with artisan producers, hand-picks vintage pieces and offers traditional customer service from their bijou shop and website.



www.vintagehound.com
 01962 808224

JACKI EASLICK – MANHATTAN ROMANTIC

The Jacki Easlick collection is timeless, downtown style, affordable luxury handbags, scarves and jewellery. "I believe that style is something that anyone can create, anywhere and at any time. My taste is inspired by places I've travelled as well as experiencing beautiful objects and meeting new people. I embrace timeless aesthetics and travel the world seeking things I love. As a designer, it's a great feeling to discover that perfect combination of style and passion."



www.JackiEaslick.com
 Follow us: @JackiEaslick Twitter & Instagram

HEALTH & BEAUTY

VARCA

The Varca Winter collection has arrived! Shop online now for Mediterranean Inspired Fashion and Footwear. The collection includes handmade Italian Leather Loafers in a variety of colours and textures, soft suede ankle boots in tan and black, over the knee boots, cosy cashmere and much more.



Visit www.varca.com or call 01903 746644 for the brochure. Follow Varca on instagram and twitter @varcashoes.

LOOK YOUNGER LONGER™



Regentiv's The Specialist Serum (With Retinol) Reviewed as 'one of skincare's best kept secrets'. A luxurious rich texture of Retinol Palmitate, Vitamin E, Aloe Vera and Sunscreen. So in demand as it does so much. Lines, wrinkles, crepey eyes, crows feet,

lip lines, acne-scarring, open pores, sun and skin damage, uneven pigmentation. Our customers say, 'My skin has never been better'.

The Specialist Serum can be exclusively yours within 24 hours. 30ml £29.95, 50ml £44.95, 100ml £79.95, 200ml £149, free p&p.

Tel. 01923 212555. REGENTIV, PO BOX 400, Herts, WD17 3ZW or www.regentiv.co.uk

TEAFACE

Teaface is a glorious result of Tiny Tea granules combined with healing high grade essential oils. Our luxurious oils include healing Patchouli, Jojoba and Rosehip to name a few. Add to that amalgamation; an exotic scent of Ylang Ylang to soothe one's soul. Both an exfoliator and mask - TeaFace is designed feed and pamper your skin, gently and thoroughly. We believe in nurturing the skin with natural oils straight from the earth... and back to you. Indeed - indulgence in a jar.



www.yourtea.com

VIDA GLOW

Including Vida Glow into your daily diet will help stimulate the body's natural production of collagen, as it works from within to rebuild and strengthen the collagen matrix below the skin's surface, thereby



increasing elasticity, hydration and firmness in the skin. Vida Glow helps repair weak and brittle nails, for a healthy and natural manicure. Your hair will also greatly benefit with new volume, shine and growth as Vida Glow enhances hair follicles, giving you those gorgeous locks you've always dreamt of.

www.vidaglow.co

ELLE COLLECTIONS

CARMONA
LONDON

LOVE AND BE LOVED
WITH CARMONA

www.carmonajewellery.com
(0) 208 123 0435

cariboujewellery.co.uk

FROM THE MAGICAL ISLAND OF CHIOS
MASTIC & TARADISE MATI COLLECTION

www.shoptaradise.com

SHOPTARADISE SHOPTARADISE @TARADISEMIAMI

Olizz
Jewelry

www.olizz.com

Dress Designer:
Six September
Model:
Shyona Royston
Photographer:
Rivous
Make up Artist:
Alexandria Jiavani

WWW.CHEZTARALACHAIRA.COM

Australian brand Wearing Memories create stylish, unique, bespoke jewellery accentuated by the use of sterling silver with the most beautiful fresh water pearls and semi-precious stones crafting the cap from a champagne bottle into a wearable memory.

www.wearingmemories.com

teqtique.com
FASHION TECH

HANDBAG ESSENTIALS. Get 20% off your order.
Enter 'ELLE20' at checkout. Hurry, offer ends soon!

Sheye

www.Sheye.co info@Sheye.co Sheye_

www.meiji-designs.co.uk

Meiji Designs specialise in hand made, hand dyed and hand printed silk scarves and pocket squares. The two York (UK) based designers offer an online bespoke service providing customers with a seamless experience from beginning to end. The duo recently presented their products to royalty, gifting the Duke of York with a matching scarf and pocket square set.

To advertise here please call the ELLE team on 020 3728 6260

ELLE BOUTIQUES

H
E **HARDLY EVER WORN IT.COM**



BUY & SELL

LUXURY DESIGNER ITEMS FROM £10 TO £10,000

Simply register to receive 5% off your first purchase. Use the code ELLE at checkout

WWW.HARDLYEVERWORNIT.COM/ELLE

f /hardlyeverwornit  @hardlyeverwornit  @hardlyeverltd



SNOWMAN Futuristic Puffers - Premium down fill, tailored to your unique style
Use "ELLE20" for exclusive 20% off. www.snowmannewyork.com

kiky.co.uk

Bag heaven

Thousands of fabulous bags
curated for you.



To advertise here please call the ELLE team on 020 3728 6260

ELLE BOUTIQUES



CCUOCO IS A COUTURE FASHION HOUSE WITH A CONTEMPORARY TWIST

Sophisticatedly Provocative. Intellectually Fashionable. Creative Director, Candice Cuoco, specialises in the use of leather to create high fashion pieces that accentuate the woman's body and promote feminine confidence.

www.ccuoco.com



Footwear with signature -

MILENIKA SHOES, these shoes are the most refined way to accessorise any outfit from day to night!

To view their full collection visit www.milenikashoes.com or email sales@milenikashoes.com




 **Angeline Alice Millinery**
by Kelly Schulte

Angeline Alice Millinery creates unique handcrafted headpieces, hats and fascinators for every occasion. Elegant ready-to-wear pieces available online at www.angelinealice.com

Custom bridal headpieces available by request. Global shipping available. For custom commissioned pieces contact kelly@angelinealice.com or call 00 1 651 238 9642



LMA
www.lovemyapparel.com
LUXURY ONLINE FASHION BOUTIQUE

CHLOE K.
NEW YORK



WWW.CHLOEKNY.COM
CHLOEKNY@GMAIL.COM

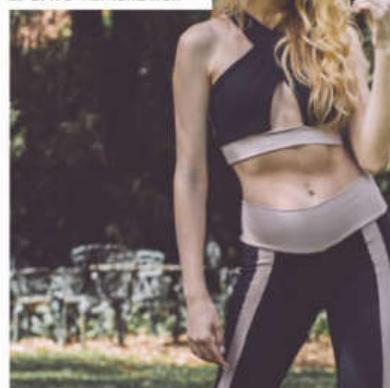
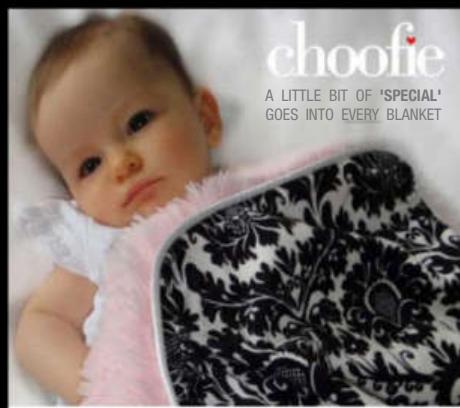


www.revoque.com.au

TOTTIE
Female sportswear and equestrian fashion - exclusively online
TOTTIE.CO.UK
SAVE 20% WITH CODE ELLE20

*** Discover a classic and elegant unique Activewear design with a technological fabric developed to help activate blood circulation, with UV protection and quick drying technology *** See more on : [fitandchic](http://fitandchic.com.br) / www.fitandchic.com.br

FIT & CHIC ACTIVWEAR BR

choofie
A LITTLE BIT OF 'SPECIAL' GOES INTO EVERY BLANKET

"Hands down our favourite blanket. The Choofie blanket is the softest, most luxurious baby blanket available. A sophisticated and memorable gift for the little ones in our life. So soft and fluffy, these blankets blend style and practicality seamlessly."

www.choofie.com

To advertise here please call the ELLE team on 020 3728 6260

ELLE BOUTIQUES



THESE LUXURY CASES FEATURE A MIX OF

CLASSY MEETS HOLLYWOOD.

A SIGNATURE PIECE THAT IS TRULY FOR THE CARRY-ALL.

lola 
www.LOLAV.org

To advertise here please call the ELLE team on 020 3728 6260

ELLE BOUTIQUES & LIFESTYLE



MARIE JO
L'AVENTURE

LINGERIE | SWIMWEAR | NIGHTWEAR

AMAZING GRACE
LINGERIE UK

Haslemere, Surrey
www.amazinggrace-lingerie.co.uk
01428 654016



Zumruduanka, has become one of the most wanted brands with its highest quality silk, sequins and lace. Zumruduanka is also one of the leaders of "lingerie as outerwear" concept. The authentic style that make you embrace your womanhood, is a must have on your wardrobes. You can now find Zumruduanka in many selective stores from New York to London.
www.zumruduanka.com



Everyday Shapewear
femshaper.co.uk



TRAGIC Kiss.
A LUXURY LINGERIE EXPERIENCE
WWW.TRAGICKISS.COM



Skinny Rosé

is a delicious champagne with **only 275 calories** per bottle, making it similar in calories to a large glass of wine.

This boutique champagne is from the same village where Dom Perignon invented bubbly. Skinny Rosé is very light, dry & fresh, making it perfect for Christmas.

Only £38
per bottle from
www.finestfizz.biz


The Rainsbury Clinic

Europe's foremost gender selection and egg donation clinic

- 100% success rate on selected gender
- 20 years experience
- Proven methodology
- State-of-the-art purpose-built facility
- End-to-end arrangements
- Expert, total care

www.genderselection.uk.com

pewterhooter
designer jewellery

925 silver stud earrings made with sparkling Swarovski crystal.

Gift box.

Special offer
only £5.99

Available from Amazon.co.uk
item B0050248RA

Queen Hotel



The Queens Hotel Brighton is delighted to announce that we now have now have 14 apartments & studios as well as its original 94 well appointed rooms.

Offering our guests a real hotel alternative, all the benefits of home plus use of all the hotel facilities. Including its large leisure club and pool. For best rates go online to

queenshotelbrighton.com
0800 970 7570


Dynamint
Muscle Cream, Roll-on & Spray

Save 25%

Apply to muscles & joints.
Contains Peppermint, Eucalyptus, Tea-tree and Calendula

Available at Boots & Boots.com  let's feel good

Online and In-store* between 14th October ~ 10th November.
*Available at larger Boots stores. Subject to availability.

Handbag Clinic®
care and repair

**HANDBAG CARE & REPAIR
SPECIALISTS**

Nationwide handbag renovation service for leather & fabric bags



- HANDBAG RESTORATION OR COLOUR CHANGE
- REPLACE ZIPS & LINING
- REPAIR SCRUFFS, SCRATCHES, BURNS & TEARS
- REMOVE LIQUID & ALL OTHER STAINS

web: www.handbagclinic.co.uk

tel: +44 (0)1207 279963 / email: enquiries@handbagclinic.co.uk

To advertise here please call the ELLE team on 020 3728 6260

Why CARE Fertility?

over 20,000 reasons
have been born so far

- Personalised IVF Treatment Plans
- High Success Rates
- Dedicated Care



www.carefertility.com

Dublin - London - Manchester - Northampton - Nottingham - Sheffield - Tunbridge Wells



HR
HELEN REYNOLDS
EXPERT STYLE ADVICE, TAILOR MADE FOR YOU
www.helenreynolds.net

70p per min
CREDIT CARD ONLY
£9.99 FOR 15 MIN READING

Let Your Spirit Be Your Guide
0905 295 0069

CREDIT CARD SPECIAL OFFER
0800 075 7721

18+ 09 = 70p per min + your network's access charge. Credit card £9.99 for 15 mins. Calls recorded. Entertainment purposes only. Bill payers permission. SP: PSL. Helpdesk 0207 966 9646.

THE NEPAL EARTHQUAKE APPEAL SCARF PROJECT

A COLLECTION OF DIGITALLY DESIGNED & PRINTED **SILK SCARVES** PRODUCED IN SCOTLAND ALL PROFITS GO STRAIGHT TO THE DEC **NEPAL EARTHQUAKE APPEAL** CHARITY NUMBER 1062638

printedandco.co.uk #LETSMAKEADIFFERENCE

Live Spiritual and Tarot Readings

kooma spiritual you

75p per min
0906 758 2207

Debit/Credit Card
0800 075 4653

£14 for 20 mins or £27 for 40 mins

18+ 09 = 75p per min + your network's access charge. Calls recorded. Entertainment purposes only. SP: PSL. Helpdesk 0207 966 9646.

Mediums
Call one of our friendly & gifted mediums now!

0906 615 0400
only 60p per min

DEBIT/ CREDIT CARD
0800 075 8661

20 mins for £12 or 40 mins for £24

18+ 09 = 60p per min + your network's access charge. Calls recorded. Entertainment purposes only. SP: PSL. Helpdesk 0207 966 9646.

For details
of classified
advertising call
020 3728 6260

SUBSCRIBE TO ONE OF OUR TOP-SELLING MAGAZINES

VISIT www.hearstmagazines.co.uk
OR CALL **0844 848 1601**

DATE CHAT
WOMEN CALL FREE
0800 075 9396

MEN: 0871 908 1572
GAY: 0871 908 1568

18+. Helpdesk 0207 966 9686. 0871 = 13p per min + your network's access charge. 0800 = free. Live calls recorded. SP: 4D.



scarfroom.co.uk

ELEVATE YOUR EXPECTATIONS
At last, women 5'9" and taller have something to look up to.

MARGE is a new brand offering timeless collections created exclusively for you. Finally fit, fabric, quality and design are merging to impart real-life luxury. Your wardrobe, and your lifestyle, will never feel quite the same.

It's a state of mind MARGE women everywhere are calling *Life Up Here*.
Life Up Here is an invitation to stop settling for clothes that almost fit.
Life Up Here is the potential to reveal inner beauty that has yet to emerge.
Life Up Here says: Let's live.

On behalf of the MARGE team, we invite you to shop our Fall/Winter 2015 collection at margeclothing.com.

MARGE

Photo credit: Beiron Andersson, www.beironandersson.com



GETTING IN THE SPIRIT WITH PRANAMAT ECO

With Christmas around the corner, we're all looking for unique ways to show those close to us that we care. The perfect gift is something that sends a positive message and offers happiness for days to come. But how can you find the perfect gift without breaking the bank? It would have to be something with all natural quality, that's easy to use, attractive, and has health-boosting benefits that last. What better way to show you care than with the all-in-one body, mind, and spirit-boosting Pranamat ECO?

It makes the perfect gift because it offers health benefits that everyone can enjoy, regardless of age, physical fitness, schedule, or space. The Pranamat ECO is designed to be flexible, and fit the needs of the consumer. Although it offers all the same benefits of acupressure, it takes no special knowledge or training to use. Just lay it on the floor, chair, or favorite sitting spot and apply light pressure. It's deceptively simple, and comes doctor recommended.

HOW IT WORKS

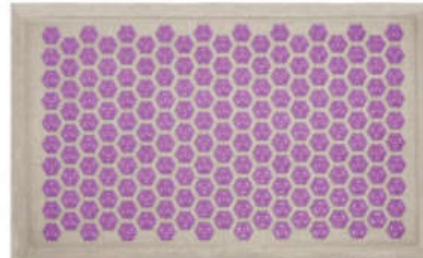
The Pranamat ECO blends the ancient eastern tradition of acupressure with modern medicine, to offer true health benefits that need to be seen to be believed. You choose short, regular sessions on the Pranamat, targeting your back, shoulders, feet, or any other part of your body and let the patented lotus spikes do their work. By stimulating blood circulation and boosting cardiovascular health, the mat is really able to promote full body wellness by targeting one specific area.

By increasing the rate of blood micro-circulation, Pranamat ECO locally increases metabolic processes in tissues, resulting in reduced inflammation in muscles and joints, and increased the release of beta-endorphins. All of this adds up to an overall feeling of wellness and lasting health benefits. All it takes is a 15 minute commitment each day in order to completely revitalize skin, deep tissue, metabolic and cardiovascular health.

GET ONE TODAY

The Pranamat ECO is the perfect Christmas gift for anyone in your life. Who doesn't value good health, convenience, and a bit of extra relaxation?

By placing your order now, you'll be sure to bring a bit of extra cheer to your loved one's holiday, in a way that's unique, all natural, and totally effective. Visit www.pranamat.co.uk for more information today.



Pranamat ECO Natural Lavender

Use promo code **ELLE** ordering at www.pranamat.co.uk until December 16th and get **10%** off for your Pranamat ECO

Pranamat ECO 
WWW.PRANAMAT.CO.UK
PRANAMAT 

COCOWHITE

10% OFF
ENTER ELLE10 AT CHECKOUT

OIL PULLING REINVENTED



COCONUT OIL FOR WHITER TEETH
& A HEALTHIER MOUTH

COCOWHITE.COM



MINTY FRESH



VANILLA SWIRL



LIGHT LEMON

DISCOUNT VALID UNTIL 31/12/2015. CANNOT BE REDEEMED ON SUBSCRIPTION PRODUCTS.

SMILE POWERED BY WHITE GLO

POWER
FROM DOWN
UNDER



TEETH WHITENING POWER FROM DOWN UNDER

Achieve that glowing Aussie beach smile. White Glo's Extra Strength Whitening Toothpastes will help lift stains and yellowing from teeth enamel safely and effectively. See amazing results within 7 days!

A brighter smile, powered by White Glo.

AVAILABLE AT



Superdrug



ASDA

White Glo

www.whiteglo.com

To advertise here please call the **ELLE** team on 020 3728 6260

ADDRESS BOOK

Track down the latest looks. For more inspiration, go to elleuk.com/fashion



7 For All Mankind 7forallmankind.com
Abercrombie & Fitch abercrombie.co.uk
 • **Accessoryize** accessorize.com
 • **Acne Studios** acnestudios.com
 • **Agent Provocateur** agentprovocateur.com • **Aldo** aldoshoes.com • **AllSaints** allsaints.com • **American Apparel** americanapparel.co.uk
 • **Anya Hindmarch** anyahindmarch.com • **A.P.C.** 020 7729 7727 • **Aquazzura** aquazzura.com • **Asli Polat** aslipolatstudio.com • **Asos** asos.com • **Aspinal of London** aspinaloflondon.com
 • **Atterley Road** atterleyroad.com • **Aveda** aveda.co.uk • **Avon** avon.uk.com
B Balenciaga 020 7317 4400
 • **Bally** bally.co.uk • **Barbour** barbour.com • **bareMinerals** bareminerals.co.uk • **Base Range** baserange.net • **Benefit** benefitcosmetics.co.uk • **Bimba Y Lola** bimbaylola.com • **Bio Sculpture** biosculpture.co.uk
 • **Birkenstock** birkenstock.co.uk • **Blake LDN** blake-ldn.com • **Blk DNM** blkdnm.com • **Bobbi Brown** bobbibrown.co.uk • **Boden** boden.co.uk
 • **Boucheron** 020 7514 9170
 • **Broadwick Silks** broadwicksilks.com • **Bulgari** bulgari.com • **Burberry** uk.burberry.com • **By Malene Birger** bymalenebirger.com • **Byredo** byredo.com
C Calvin Klein calvin-klein.com • **Carhartt** carhartt-wip.com • **Cartier** cartier.co.uk • **Carvela** [kurtgeiger.com](http://carvela.kurtgeiger.com) • **Carven** 020 7225 7110 • **Céline** 020 7491 8200
 • **Chalayan** chalayan.com • **Chanel** 020 7493 5040; chanel.com • **Charlotte Simone** charlottesimone.com • **Chie Mihara** chiemihara.com
 • **Chloé** chloe.com • **Chopard** chopard.co.uk • **Christian Dior** dior.com • **Christian Louboutin** christianlouboutin.com • **Ciaté** ciate.co.uk • **Clarks** clarks.co.uk • **Claudie Pierlot** claudiepierlot.com • **Clinique** clinique.co.uk • **Club Monaco** 020 7953 9100 • **Coach** coach.com • **Cos** cosstores.com • **Cristina Sabauduc** cristinasabauduc.com • **Current/Elliott** matchesfashion.com; net-a-porter.com • **Custommade** custommade.dk

D Dagmar houseofdagmar.com • **Darphin** darphin.co.uk • **David Clulow** davidclulow.com • **Dermalogica** dermalogica.co.uk • **Diemme** diemmegfootwear.com • **Diesel** diesel.com • **Dolce & Gabbana** dolcegabbana.com • **Donna Karan** donnakaran.com • **Dotrateymur** dotrateymur.com • **Dorothy Perkins** dorothyperkins.co.uk • **Dries van Noten** driesvannoten.be • **Dsquared2** 51 Conduit Street, W1; dsquared2.com • **Dune** dunedondon.com
E East east.co.uk • **Eddie Borgo** eddieborgo.com • **Edwin** edwin-europe.com • **Elizabeth Arden** elizabtharden.co.uk • **Emergen-C** emergenc.com • **Ermanno Scervino** ermannoscervino.it • **Etro** etro.com • **Eve Lom** evelom.com
F Falke falke.com • **Fendi** fendi.com • **Finery** finerylondon.com • **Folk** folkclothing.com • **Francesca Grima** francescagrima.com • **French Connection** frenchconnection.com
G Ganni ganni.com • **Gant** gant.co.uk • **Georg Jensen** georgjensen.com • **Gerard Darel** gerarddarel.com • **Giorgio Armani** armanibeauty.co.uk • **Givenchy** givenchybeauty.com • **Gucci** gucci.com
H H&M hm.com • **Helen Moore** helenmoore.com • **Hermès** hermes.com • **Hobbs** hobbs.co.uk • **House of Holland** houseofholland.co.uk • **Hugo Boss** hugoboss.com • **Hunter** hunterboots.com
I Ioma ioma-paris.com • **Isabel Marant** isabelmarant.com
J J Brand selfridges.com • **Jennie Maizels** jenniemaizels.com • **Jérôme Dreyfuss** jerome-dreyfuss.com • **Jimmy Choo** jimmychoo.com • **Jo Loves** joloves.com • **Jo Malone** jomalone.co.uk • **John Lewis** johnlewis.com • **Jonathan Saunders** xradley.com • **Joseph Joseph** fashion.com
K Karen Millen karenmillen.com • **Karl Lagerfeld** karl.com • **Kate Spade** katespade.co.uk • **Kenzo** kenzo.com • **Kirsty Ward** youngbritishdesigners.com
L L'Occitane uk.loccitane.com • **L'Oréal** loreal.co.uk • **La Perla** laperla.com • **Lacoste** lacoste.com • **Lanvin** lanvin.com • **Le**
R Rag & Bone rag-bone.com • **Real Techniques** realtechniques.com • **Red Carpet Manicure**

Red Carpet Manicure redcarpetmanicure.co.uk
 • **Reebok** reebok.co.uk • **Reiss Premium** reiss.com • **Ren** renskincare.com • **Rimmel London** rimmellondon.com • **River Island** riverisland.com • **Robert Clergerie** robertclergerie.com • **Rokins** rockins.co.uk • **Rupert Sanderson** 020 7491 2220 • **Russell & Bromley** russellandbromley.co.uk

S Sacai selfridges.com • **Saint Laurent** 020 7235 6706 • **Salvatore Ferragamo** 020 7629 5007 • **Sandro** uk.sandro-paris.com • **Saucony** saucony.co.uk • **Senso** harveynichols.com • **Sessùn** liberty.co.uk • **Sif Jakobs** sifjakobs.com • **Sisley** sisley-paris.com • **Smashbox** smashbox.co.uk • **Sofie D'Hoore** eggtrading.com • **Sophie Hulme** sophiehulme.com • **Stella McCartney** stellamccartney.com • **Stuart Weitzman** stuartweitzman.com • **Swarovski** swarovski.com

T Tag Heuer tagheuer.co.uk • **Tara Jarmon** tarajarmon.com • **Tarte** tartecosmetics.com • **Tata Naka** tatanaka.com • **The Kooples** thekooples.co.uk • **Theory** theory.com • **Thierry Mugler** mugler.co.uk • **Thomas Sabo** thomassabo.com • **Three Floor** ThreeFloorFashion.com • **Tibi** tibi.com • **Tod's** tod's.com • **Topshop** topshop.com • **Tory Burch** toryburch.co.uk • **Toy Shades** toyshades.com

U Ugg uggaustralia.co.uk • **Uniqlo x Lemaire** uniqlo.com • **Urbancode** urbancode.co.uk

V Valentino 020 7235 5855 • **Valery Demure** valerydemure.com • **Van Cleef & Arpels** vancleefarpels.com • **Vanessa Seward** 020 7287 9659 • **Victoria Beckham** mytheresa.com • **Vivienne Westwood Gold Label** 020 7629 3757

W Warehouse warehouse.co.uk • **Weleda** weleda.co.uk • **Whistles** whistles.com • **Wood Wood** woodwood.dk

Y YMC youmustcreate.com • **Zara** zara.com • **Zeus & Dione** zeusdione.com • **Zimmermann** zimmersmannwear.com

Prices and availability were checked at time of going to press. ELLE cannot guarantee prices will not change or that items will be in stock at time of publication.

SUBSCRIBE To receive collectors' editions, visit elleuk.com/subscribe

ELLE competition terms & conditions Only one entry per reader. Entrants must be 18 or older. Open to residents of the UK and the Republic of Ireland only. Photocopied, incomplete, defaced or damaged entries will not be accepted. Hearst Magazines UK accepts no responsibility for the loss of any entries. Proof of postage is not proof of entry. An independently supervised draw will be made on your behalf by an impartial third party one week after the competition closing date. The winner will be notified within four weeks of the closing date. Entries will not be accepted from employees of Hearst Magazines UK or their families (or those of the participating third party). The judges' decision is final and no correspondence will be entered into. No purchase necessary. Should you wish to enter a promotion without buying a copy of ELLE, print your name, address and the name of the competition, plus any other information requested, clearly on a card and send it to ELLE, Hearst Magazines UK, 72 Broadwick Street, London W1F 9EP, by the closing date. No cash alternative. Prize is as stated, subject to availability. Not to be used in conjunction with any other offer.



Become an

INSIDER

How? Register at
elleuk.com/insider now



THIS MONTH'S VIP OFFERS*



PREVIEW EVENING FOR
50 ELLE INSIDERS
AND A FRIEND

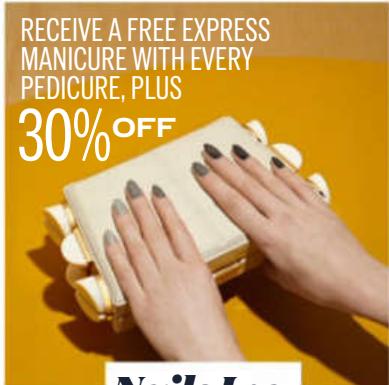
Balmain x H&M



Benefit



lookfantastic.co.uk

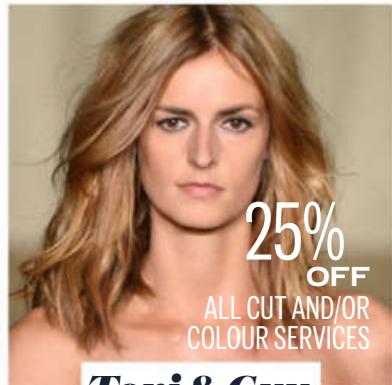


RECEIVE A FREE EXPRESS
MANICURE WITH EVERY
PEDICURE, PLUS
30% OFF

Nails Inc.



Cartizze Bar, Mayfair



25%
OFF
ALL CUT AND/OR
COLOUR SERVICES

Toni & Guy

**Don't miss out. If you're a subscriber, you can become
an ELLE Insider today. Go to elleuk.com/insider**

*Terms and conditions apply to all offers, please go to elleuk.com/insider. Nails Inc. offer applies Sunday-Wednesday. Toni & Guy offer excludes blow-dries, Fashion Fix and Super Services (Nano Keratin, extensions etc). ELLE Insider is available to all existing and new ELLE subscribers free of charge. You must register at elleuk.com/insider to access these special offers. To do this, you will need your 12-digit unique subscriber number (on the back of your card). For some offers, you will need to present your ELLE Insider card. See p43 for subscription details.



FINAL SAY STEPHEN JONES

The legendary milliner, 58, shares what inspires and motivates him



IF YOU COULD ONLY WEAR ONE DESIGNER, WHICH ONE WOULD IT BE?

Marks & Spencer, because it makes great underwear, or Gieves & Hawkes because that would mean I'd always be in tails.

WHAT IS THE MOST IMPORTANT SKILL REQUIRED TO DO YOUR JOB?

You have to love it! LOVE IT! **WHAT WAS YOUR FIRST-EVER JOB?** I was a postman.

WHERE IN THE WORLD WOULD YOU LIKE TO LIVE?

Overlooking the west coast of any country, so I could see the sunset.

DO YOU HAVE A MUSE?

Lots of different ones – my spring/summer 2016 collection is all about my 22 muses, who include an international fashion editor, a Hollywood stylist and a British aristocrat.

WHICH FASHION SHOW DO YOU WISH YOU HAD SEEN?

THE BATTLE OF VERSAILLES

SHOW IN 1973

It was a fund-raiser that pitted five French designers against five American ones.

WHAT KEEPS YOU UP AT NIGHT?

Nothing at all, I fall to the pillow like a stone.

WHAT IS YOUR FAVOURITE COLOUR?

The soft lilac of a Stephen Jones hatbox – it looks like the inside of a cloud.

WHAT DO YOU DO WHEN YOU ARE BORED?

I'm never bored, but like everybody else I check my Instagram account. I recommend following Michel Gaubert (@michelgaubert), A Magazine Curated By (@amagcuratedby) and the V&A Museum (@vamuseum).

WHAT IS THE VIEW IN YOUR OFFICE?

Hats.

WHAT IS YOUR BIGGEST EXTRAVAGANCE?

Making hats and upgrades to first class.

WHAT WOULD YOUR ALTERNATIVE CAREER BE?

Head of design at Apple.

WHAT WOULD IT SURPRISE PEOPLE TO KNOW ABOUT YOU?

I'M A GOOD RUGBY PLAYER!

WHO DID YOU LOOK UP TO WHEN YOU WERE GROWING UP?

I didn't look up to anybody, which is why I wanted to create my own world. **WHO DO YOU LOOK UP TO NOW?** So many people, including hatmakers of the past, such as Elsa Schiaparelli and Shirley Hex, who taught me how to create; and the wonderful designers that I work with.

WHAT IS THE FIRST THING YOU DO EVERY MORNING?

Check my emails. **AND THE LAST THING YOU DO AT NIGHT?** Put my UP fitness band on to night mode.

WHAT QUALITIES DO YOU LOOK FOR IN A FRIEND?

The ability to make a mean gin and tonic.

WHAT WOULD YOUR TOMBSTONE READ?

He came, he saw, he made a hat.

DESCRIBE YOUR RECENT COLLECTION IN THREE WORDS... Hatsville USA.

WHAT IS YOUR FAVOURITE RECENT COLLABORATION WITH A FASHION DESIGNER?

Thom Browne for his a/w 2015 collection. It was amazing. We created over 70 mourning hats.

ARE YOU A GOOD BOSS?

Yes, because I make people self-reliant – and I expect them to be.

STYLE IS...?

Not worrying about it.

WHAT ARE YOUR THREE CAREER HIGHLIGHTS?

MAKING MY FIRST HAT FOR

DIANA, PRINCESS OF WALES.

CREATING MY FIRST HAT FOR JOHN GALLIANO BACK IN 1993.

RECEIVING MY OBE FROM HER MAJESTY THE QUEEN IN 2010.





weightless hydration +
coconut water
SHAMPOO

Drench your dehydrated strands in this ultra lightweight, hydrating formula with **coconut water**, **electrolytes**, and **coconut oil**. This supercharged blend helps to transform dry, parched hair into silky, shiny perfection.

OGX
beauty pure and simple

13 US fl.oz.



Nature's secret to weightless hydration.

ogxbeauty.com | [ogx_beauty_uk](https://www.instagram.com/ogx_beauty_uk)

GIVENCHY



Live
Irrésistible

THE NEW FRAGRANCE

AMANDA SEYERED
givenchybeauty.com

